

The BOSTON
COOKING
SCHOOL
COOK BOOK

FANNIE MERRITT FARMER

COOKING TEMPERATURES

Chart for Baking Cakes, p. 626

Chart for Vegetable Cookery, p. 424

Chart for Cooking Sugar Sirups, p. 700

Chart for Canning, p. 754-755

Simmering (water)	180° F.
Boiling (water)	212° F.
Soft-ball stage (candies and sauces)	234° F.
Jellying stage	220°-222° F.
Very slow oven	250° F.
Slow oven	300° F.
Moderately slow oven	325° F.
Moderate oven	350° F.
Moderately hot oven	375° F.
Hot oven	400° F.
Very hot oven	450°-500° F.

ROASTING CHART FOR MEATS

A meat thermometer registers the temperature at the center of the roast.

KIND OF ROAST	OVEN TEMPERATURE (AFTER SEARING)	INTERNAL TEMPERATURE	MINUTES PER POUND
Beef Ribs (standing)	300° F.		
Rare		140° F.	16
Medium		160° F.	22
Well-done		180° F.	30
Fillet of Beef	425° F.	140° F.	30 (for whole piece)
Pork (fresh)	300° F.	185° F.	35
Loin, 3-4 pounds		185° F.	35
Shoulder		185° F.	35
Fresh Ham		185° F.	35
Pork (cured)	300° F.		
Ham, 10-12 pounds		170° F.	25
Half ham		170° F.	30
Large ham		170° F.	20
Lamb	300° F.	180° F.	35
Veal	300° F.	170° F.	35

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ROASTING CHART FOR POULTRY AND GAME

KIND OF ROAST	OVEN TEMPERATURE	TIME
Chicken (4 lb.)	350° F. (after searing)	2 hours
Duck, Domestic	450° F.	12-15 minutes per lb.
Duck, Wild	450° F.	15-30 minutes
Duckling	450° F.	30 minutes
Goose	400° F.	2 hours
Partridge	325° F. (sear 15 min. at 375° F.)	25 minutes
Pheasant	400° F.	30-40 minutes
Pigeon	400° F.	45 minutes or until tender
Plover	400° F.	15-20 minutes
Quail	400° F.	15-20 minutes
Squabs	400° F.	45 minutes
Turkey (10-12 lb.)	350° F. (after searing)	3 hours

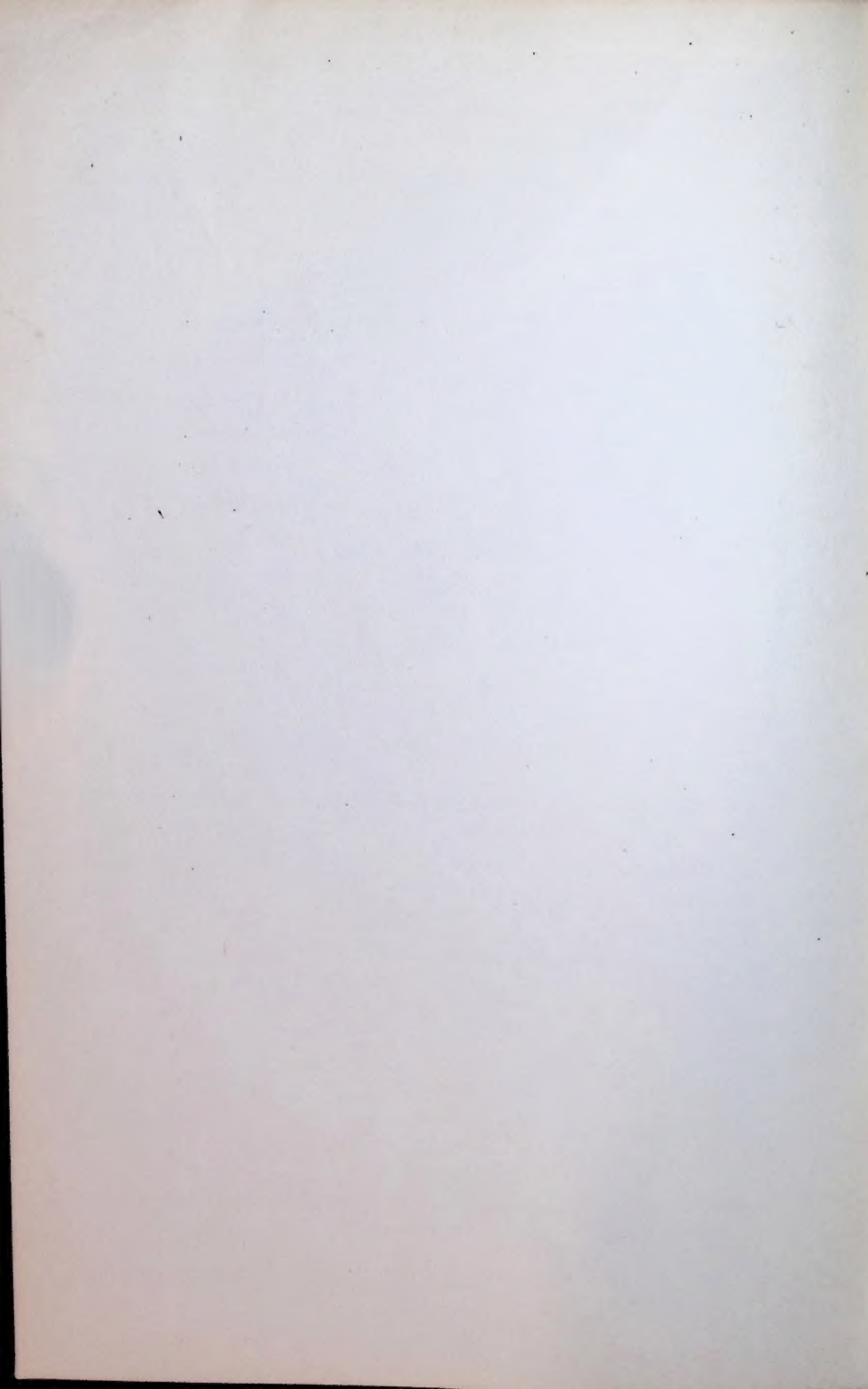
DEEP-FAT FRYING CHART

To Test Temperature of Fat. Use fat thermometer registering up to 400° F. If thermometer is not used, see p. 7.

ARTICLES	TEMPERATURE	TIME, MINUTES
Fritters, Doughnuts, and Other Uncooked Mixtures	370° F.	3 to 5
Croquettes, Fishballs, and Oysters (cooked mixtures in general)	390° F.	1
Potatoes, Raw	370°-395° F.	4 to 8
Breaded Chops	360°-400° F.	5 to 8
Fillets of Fish	370° F.	4 to 6
Smelts, Trout, and Other Small Fish Cooked Whole	370° F.	3 to 5

Note: The extent of surface exposed to the heat determines length of time for cooking meat and fish rather than number of pounds to be cooked.

MEASURING, p. 3 MIXING, p. 4 COOKING METHODS, p. 6



THE BOSTON COOKING-SCHOOL
COOK BOOK



THE BOSTON COOKING-SCHOOL COOK BOOK

BY

Fannie Merritt Farmer

SEVENTH EDITION,
COMPLETELY REVISED BY
WILMA LORD PERKINS

WITH NEW



ILLUSTRATIONS

LITTLE, BROWN AND COMPANY • BOSTON

1942

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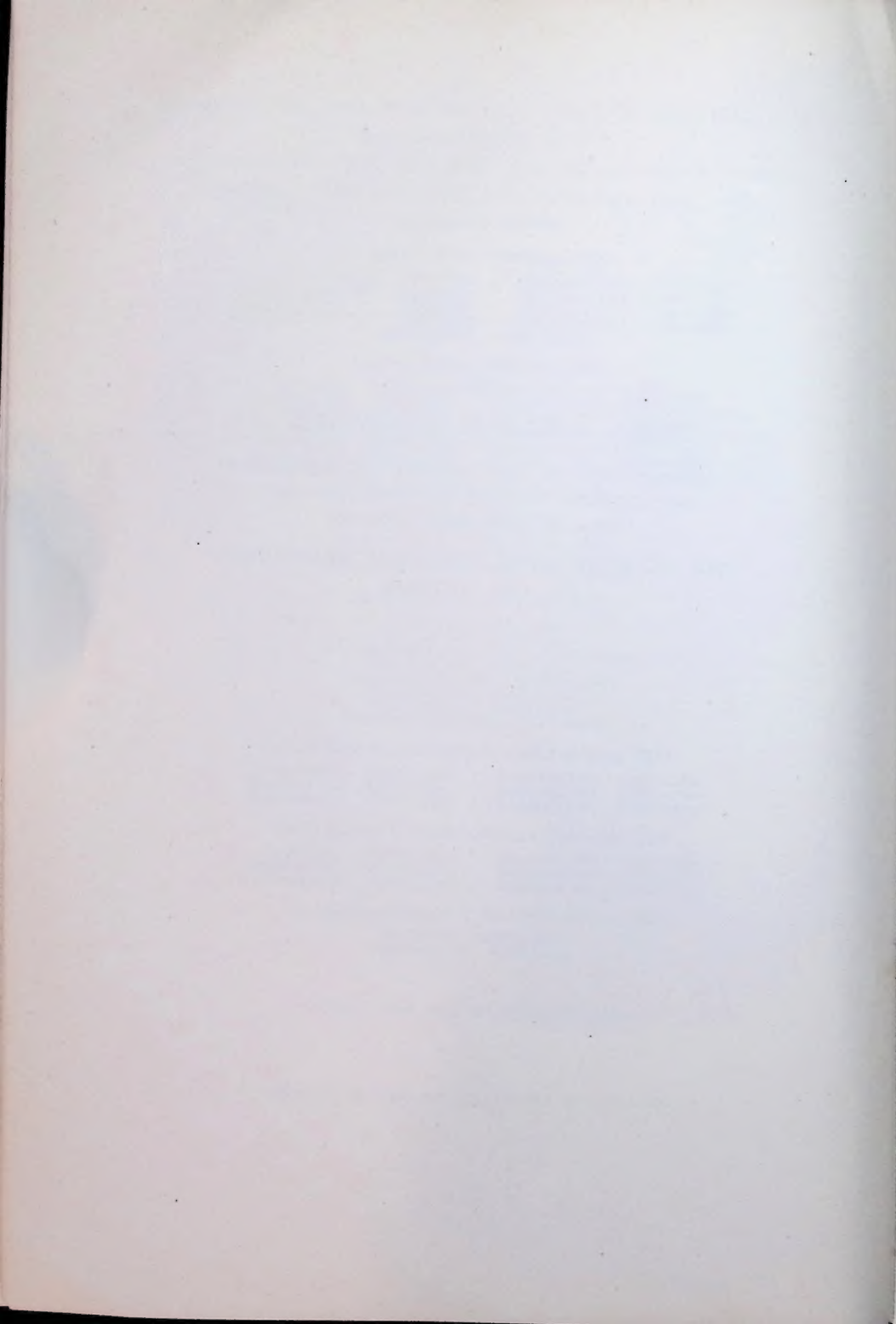
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PRINTED IN THE UNITED STATES OF AMERICA

TO
MRS. WILLIAM B. SEWALL

IN APPRECIATION OF HER HELPFUL ENCOURAGEMENT
AND UNTIRING EFFORTS IN PROMOTING THE
WORK OF SCIENTIFIC COOKERY

THIS BOOK IS AFFECTIONATELY DEDICATED
BY THE AUTHOR



Cookery means the knowledge of Medea and of Circe and of Helen and of the Queen of Sheba. It means the knowledge of all herbs and fruits and balms and spices, and all that is healing and sweet in the fields and groves and savory in meats. It means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality; and, in fine, it means that you are to be perfectly and always, ladies — loaf givers. — RUSKIN.



Preface to the Seventh Edition

For the third time I have completed a revision of *The Boston Cooking-School Cook Book*. Its traditional excellences stand unimpaired and unquestioned after nearly half a century of usefulness. As in the case of each of the other revisions, I feel that substantial improvements have been made in conformity with recent developments in both the art and the science of nutrition. Greater simplicity in foods with emphasis on essential quality has grown to be more and more the standard of perfection in cooking. With this change in taste has come an attention to food values, including vitamins or protective foods. Interest in this subject has definitely passed the "fad" stage and has taken a normal place in menu planning for health. A special impetus to this study has been given by the emphasis placed on it by national governments as a part of the task of national defense.

In preparing this revision I have made an innovation which I hope will be of value. Fifty basic recipes have been developed for the use of schools and of beginners who wish to teach themselves the fundamentals of cooking. The illustrations, from photographs by Paul W. Davis, have been planned to give further aid in instruction.

A certain amount of reorganization of material has occurred, to make recipes more readily available as used today. This will be particularly noticeable in the distribution of entrée, croquette and fritter recipes throughout the book, instead of in separate chapters.

New recipes have been included, especially ones which have come into wide popularity since the last revision, such as chiffon pies and new fruit dishes, among many others. Also some famous regional and foreign dishes have been added.

In completing the pleasant and absorbing task of this revision I must salute the memory of Fannie Merritt Farmer, whose part in this book remains a central one and whose basic contribution to American cookery is still unchallenged and unchallengeable.

WILMA LORD PERKINS



Preface to the First Edition

"BUT for life the universe were nothing; and all that has life requires nourishment."

With the progress of knowledge the needs of the human body have not been forgotten. During the last decade much time has been given by scientists to the study of foods and their dietetic value, and it is a subject which rightfully should demand much consideration from all. I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, will be able to do better mental and physical work, and disease will be less frequent.

At the earnest solicitation of educators, pupils, and friends, I have been urged to prepare this book, and I trust it may be a help to many who need its aid. It is my wish that it may not only be looked upon as a compilation of tried and tested recipes, but that it may awaken an interest through its condensed scientific knowledge which will lead to deeper thought and broader study of what to eat.

F. M. F.



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Fifty Basic Recipes

(FOR STUDENTS AND BEGINNERS)

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THE BOSTON COOKING-SCHOOL
COOK BOOK



CHAPTER 1

Cooking Terms and Methods

UTENSIL LIST

Measuring Equipment

Set of measuring spoons
Tablespoons (2)
Teaspoons (2)
1-cup measure
2-cup measure
*Household scales

Mixing Tools

Wire whisk
Rotary egg beater
Wooden spoons
Large mixing spoon
*Electric mixer

Cutlery

2 case knives
2 paring knives
2-tined forks (2 sizes)
Long, sharp knife
Bread knife with saw edge
Spatulas (3 sizes)
Chopping knife
Apple corer
Kitchen shears (bottle opener,
nutcracker, as well)

Miscellaneous

Grater
2 wire strainers, fine and coarse
mesh
Fruit reamer
Food chopper
Scoop (1 or 2)
Wooden potato masher
Rolling pin
Cooky and doughnut cutters
Pastry brush
Cake tester
Rubber scraper (to clear bowls)
Brush for vegetables
Corkscrew
Can opener
*Pastry bag and tubes
Knife sharpener
*Pastry cloth and cover for roll-
ing pin
*Thermometer (1 or more, for
fats, candies and sirups, and
roasts)
Mixing bowls, pans, baking pans
etc.

MEASURING

Accurate measurement is essential to success in cookery. Use standard measuring cups and measuring spoons. When recipe calls

* Desirable but not essential.

for dry ingredients, as well as liquids and fats, measure in the order given, thereby using only one cup.

Dry Ingredients. (Before measuring, sift flour, soda, powdered and confectioners' sugar, stir mustard and baking powder, and break up lumps in salt.) To measure a cupful or part of a cupful, put in ingredients by spoonfuls or from scoop, up to level indicated. Do not shake cup or pack down tightly. (Exception: pack brown sugar firmly into cup.) To measure spoonfuls, dip spoon in ingredient, fill, lift, and level off with edge of knife. Use measuring spoons for fractions of a spoonful or the following method. To measure half spoonfuls, divide lengthwise of spoon with knife. To measure quarters, divide halves crosswise; crosswise again for eighths. Less than one eighth is considered a few grains.

Liquids. Fill cup to level indicated. A spoonful is all the spoon will hold. Before measuring sirups, honey, molasses, etc., butter cup or spoon lightly.

Fats. Pack solidly into cup or spoon and level off with knife. If part of a cupful is required, fill cup with enough water to complete a cupful, put in fat by spoonfuls until cup is full and then pour off water. (Example: to measure $\frac{1}{3}$ cup lard, fill cup $\frac{2}{3}$ full of water, add lard by spoonfuls until cup is full, then pour off water.) Print butter is easily measured without packing into a cup, since 1 pound equals 2 cups and the required amount may be marked off. Butter wrapped in quarter-pound sticks is convenient for measuring even by tablespoons, since $\frac{1}{4}$ pound equals $\frac{1}{2}$ cup or 8 tablespoons.

MIXING

To Stir is to mix by using circular motion, widening the circles until all is well blended.

To Beat is to enclose air by turning ingredients over and over, continually bringing under part to surface.

To Cut and Fold is to combine in such a way as to prevent air already beaten in from escaping. This is accomplished by two motions with a mixing spoon; a repeated downward motion (*cutting*) and careful turning over and over of mixture, the bowl of spoon touching the bottom of the dish each time (*folding*).



At Work on a Recipe in the Testing Kitchen

COOKING METHODS

To Bake is to cook in an oven. Set oven regulator at required temperature; when the gas flame or electric unit is automatically reduced, the required temperature has been reached. Some ovens do not require pre-heating. An oven thermometer may be set on the grate with the food to be cooked as a check on the accuracy of the regulator or as a guide if the oven has no heat control.

To Boil is to cook in boiling water (212° F. at sea level). Slowly boiling water is as effective as rapidly boiling water and more economical, since much heat is lost through escape of watery vapor and steam as water boils rapidly.

To Braise is to cook, tightly covered, in a small quantity of liquid at a low temperature, either in the oven or over direct heat. Sear meat before braising, to prevent escape of much juice in the gravy and to give a rich color and flavor to both meat and gravy.

To Broil or to Grill is to cook over a clear fire or in a broiling oven. Place food on a greased broiling rack or in a greased broiler. Turn frequently at first to sear outside and prevent escape of juices. Use a broad spatula for turning to avoid loss of juices through piercing with a fork.

To Pan-broil is to cook in a pan on top of the stove by dry heat with only enough fat to keep food from sticking. Heat pan, grease lightly, if at all, and put in food. Turn frequently at first to sear surface, then cook, turning occasionally, until done.

To Fricassee is to fry in a small amount of fat and serve with a sauce. Fricassee tender meat without previous cooking. Cook less tender meat in hot water at low temperature for a long time before fricasseeing.

To Fry (*pan-fry*) is to cook in fat not deep enough to cover food. As much as 1 inch of fat is used for such dishes as Southern Fried Chicken. *See also* To Sauté.

To Fry in Deep Fat or French Fry is to cook in hot fat deep enough to cover. Use olive oil, vegetable fats or oils, lard, or $\frac{2}{3}$ lard and $\frac{1}{3}$ beef suet. Clarify it frequently (p. 9) and store, covered, in cool place.

Put enough fat in frying kettle to cover completely food to be fried. Heat to required temperature (chart inside front cover).

To Test Fat. Use a fat thermometer or drop an inch cube of bread into hot fat; if it is golden brown in 40 seconds, fat is at about 390° F. (for cooked mixtures, croquettes, etc.); if in 60 seconds, at about 370° F. (for uncooked mixtures, fritters, etc.).

When using frying basket, dip in and out of fat, arrange small amount of prepared food in it at a time to avoid lowering the temperature of the fat, and fry until food is delicately brown. Drain on unglazed soft paper or paper toweling.

To Prepare Food for Frying. Wipe as dry as possible or egg and crumb. Keep fish or meat in a warm room for some time before frying. Chilled food decreases the temperature of the fat to such an extent that a coating is not formed quickly enough to prevent fat from penetrating the food.

To Shape Croquettes. Prepare croquette mixture, adding sauce a little at a time. Have mixture as soft as can be conveniently handled, so that croquettes will be soft and creamy inside. Chill, to make easier to handle. Make smooth ball by rolling one rounding tablespoon of mixture between hands. Then roll on board until of desired length and flatten ends, or shape like a cone, pointed at one end, or shape like a cutlet. Other shapes may be used.

To Egg and Crumb. Roll dried bread crumbs, or put through food chopper, then sift through purée sieve. Beat egg to blend yolk and white and add two tablespoons water for each egg used. Coat croquettes thoroughly with crumbs. Then dip in egg mixture, being careful to cover entire surface so that they will not break open. Roll in crumbs once more. For a change, try cornflakes in place of crumbs.

To Parboil is to cook food partially, either in boiling water or in its own juices (oysters, clams, scallops, etc.).

To Roast originally meant cooking on a revolving spit before an open fire, but has come to mean cooking by baking in an oven (especially meat).

To Baste is to pour over small quantities of fat in pan or other liquid to prevent burning or to add flavor.

To Sear is to subject to intense heat in order to seal in juices.

To Sauté is to cook in a small quantity of fat in a pan over direct heat. To prevent too great absorption of fat, keep food moving. French cooks shake the pan constantly — *sauter* being the French word for “to jump.”

To Scald is to heat to just below the boiling point. To scald milk, heat over boiling water, covered, until milk around edge of pan has beadlike appearance. Milk scalds at 196° F.

To Blanch is to dip into boiling water in order to remove skins or to whiten.

To Simmer is to cook below the boiling point, on top of the stove. Water simmers at 185° F.

To Steam is to cook in steam or over boiling water in bainmarie or double boiler.

To Stew. *See* To Braise.

MISCELLANEOUS COOKING AIDS

BUTTER

To Cream. Let stand at room temperature until softened. Work with wooden spoon in round-bottomed bowl until creamy or beat with electric beater.

To Wash. Rinse bowl in hot water and dip hands in hot water. Let cold water run into bowl and over hands. Hold butter under water and squeeze lightly between fingers until smooth and waxy. Double over quickly between palms. Pat hard to remove water. Chill.

To Clarify. Heat in small pan. Remove white froth as it forms on top. Pour off butter, carefully keeping back sediment.

To Cut. Cover knife blade with fold of waxed paper to make clean cut.

To Decorate. Dip fork in hot water and draw across square of butter from corner to corner. Garnish with single leaf of parsley.

Butter Balls. Wash butter or not. Scald and chill a pair of wooden butter paddles. Measure butter by teaspoonfuls for uniformity. Roll lightly between paddles to form ball. To shape rolls, flatten balls into cylinders between paddles. Drop onto chilled plate, on cracked ice, or into ice water.

Butter Curls. Use butter curler. Dip in hot water each time. Beginning at far side of pound print of butter, draw curler lightly and rapidly towards you, making a thin shaving which curls up.

Butter Molds. Scald and chill fancy butter molds. Pack solidly with butter and level off with knife. Press out and chill.

FATS

Save all remnants of cooked and uncooked fat and drippings from beef, poultry, chicken, pork, and soup stock. Try out and clarify, if necessary. Use for sautéing or as a shortening.

To Try Out. Cut in small pieces or put through a food chopper and melt in top of double boiler; in this way it will require less watching than if placed in kettle over low flame. Strain. Store in cool place.

To Clarify Fat. Melt fat, add raw potato cut in $\frac{1}{4}$ -inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are well browned, strain into pan through double cheese-cloth, placed over wire strainer. The potato absorbs any flavors and collects to itself some of the sediment, the remainder settling to bottom of kettle.

To Clarify Small Amount of Fat. Add boiling water to cold fat, stir vigorously, and set aside to cool. Remove cake of fat and scrape off sediment with a knife.

SUGAR

Brown Sugar. Store in bread box or in tight jar in warm place. To soften, set in oven until heated through.

To Caramelize Sugar. Melt over moderate heat in heavy, shallow pan. Stir constantly.

Caramel Sirup. Caramelize 1 cup sugar, add slowly $\frac{1}{2}$ cup boiling water, and simmer 10 minutes.

Brittle (for flavoring). Caramelize sugar, turn into slightly buttered pan, cool, roll with rolling pin, and sift.

Praline Powder or Nut Brittle (for flavoring). Caramelize 1 cup sugar, add 1 cup chopped blanched almonds or pecans and a few grains of salt, turn into slightly buttered pan, cool, pound in mortar or with rolling pin, and put through purée strainer.

To Dredge with Sugar (doughnuts, lady fingers, etc.). Place powdered sugar in paper bag, add some of the food to be sugared, gently shake bag up and down until article is well coated. Stuffed dates, candied orange and grapefruit peel, etc., may be coated with granulated sugar by the same method.

CRUMBS

Soft Bread Crumbs. Remove crusts from stale but still soft bread. Break soft part in pieces, and crumble with fingers or put through a colander.

Dry Bread Crumbs or Cracker Crumbs. Dry stale bread thoroughly in very slow oven until crisp but not brown or use old-fashioned unsalted soda crackers. Roll and sift. If a large amount is to be prepared, put bread or crackers in clean paper bag and roll with rolling pin; sift and store in closed jar or covered box near heat.

Buttered Crumbs. Melt 1 tablespoon butter, add $\frac{1}{4}$ cup cracker or bread crumbs and mix gently with fork.

MISCELLANEOUS

To Extract Onion Juice. Cut a slice from root end of onion, scrape juice from center with edge of teaspoon.

To Chop or Mince (onion, etc.). Cut off slice. Cut surface in $\frac{1}{8}$ -inch squares, as deep as required. Hold firmly on cutting board and slice off with sharp knife, $\frac{1}{8}$ inch at a time. **To Dice**, follow same method, cutting squares of required size.



After Marking in Squares, Slice Off with Sharp Knife

To Cut Parsley, Mint, etc. Wash and dry on towel. Hold firmly in thumb and fingers and cut with sharp knife on cutting board or use scissors.

To Dredge. Sprinkle with flour, etc., from shaker-top container.

To Use French Cutter or Baller. Peel firm fruit or vegetables. Place edge of cutter firmly on surface. Roll first right to left, then

left to right, with even pressure. Continue until food shows through hole in cutter. Without relaxing pressure, twist handle of cutter to complete the ball. Lift out ball.

To Melt Chocolate. Melt over hot water in small double boiler or in small bowl over teakettle. One or two squares may be melted on wax paper set in warm place on stove (not hot).

To Scald Milk. Heat, covered, in double boiler until there is a row of fine bubbles around edge of pan.

To Cut Sticky Foods. Use scissors or sharp knife kept wet by dipping frequently in cold water.

To Grate Orange and Lemon Peel. Wash fruit, dry, and grate before peeling. Do not grate beyond the color margin. Clean grater with point of knife.

To Chop Ice. Chop small quantities with ice shaver in a coffee can or small, deep container. Place large chunks in canvas bag and pound with wooden mallet. Or, use ice chopper with crank.

To Acidulate Water. Add 1 tablespoon lemon juice or vinegar to each quart water.

CONDIMENTS AND SEASONINGS

Thoughtful seasoning may make a good dish into a memorable one. Experiment with various condiments and seasonings, but use them subtly so that the effect is elusive rather than overpowering.

Brands of spices differ surprisingly in both strength and quality. Choose condiments with care and buy in small quantities since they deteriorate with time, especially if ground. Store in tightly closed containers.

Herbs. The old-time potherbs have again come into vogue as part of a well-planned garden. Fresh or dried, their leaves and flowers add interest to various dishes.

To prepare herbs for storing. After the dew has disappeared in the morning, pick just the young and tender leaves which appear prior to the plant's flowering to allow a second growth of leaves as tender as the first. To retain the seed pods, gather the entire plant just before the seeds have matured. Caraway, dill, mustard, cardamom, coriander, and fennel are among the seeds used for seasoning. *Dry leaves* in a very slow oven (not over 130° F.) or tie in a loose bunch

and hang in the shade until all of the moisture disappears. Parsley requires about 2 hours' drying in the oven, other herbs about 1 hour. Crush to a powder with rolling pin, pack in airtight containers and label. *Seeds* must be spread thinly on a cloth rack and dried in the sun, turning daily. As both leaves and seeds of fennel are used, the flower stalks should be picked as they develop during the early season, gathering just the tender leaves. Later allow the flower heads to mature, gathering the seeds for winter's store.

A Kitchen Bouquet or **Bouquet Garni** improves the flavor of many soups and sauces; tie in a small bag $\frac{1}{2}$ carrot cut lengthwise, 1 leek, a few sprigs of parsley, sprig of celery, bit of thyme, 2 cloves, and $\frac{1}{4}$ bay leaf. Another combination is 2 sprigs parsley, 2 sprigs thyme, 1 sprig marjoram, and $\frac{1}{2}$ bay leaf. Remove bag before serving.

Aux Fines Herbes means with the addition of finely chopped herbs, usually a mixture of several, such as fresh parsley, watercress, chives, and tarragon; or parsley, chervil, and chives; or parsley, basil, and chives; or burnet, thyme, and parsley.

Allspice. See Pimento.

Anise. Use young leaves in salads. Use seeds to flavor confections, cookies, pastries, and cottage or other fresh cheeses.

Balm. Use in Claret Cup and other summer beverages. A pinch of dried leaves, ground, improves tarragon vinegar for salads.

Basil (Sweet) (one of the most popular herbs in Italian cuisine). Use tender fresh leaves in salad. Use to flavor soups (particularly turtle and tomâto), ragouts, fish sauces, and tomato bisque. The leaves are gathered, dried, powdered, and stored. Basil may be potted for indoor cultivation.

Bay Leaf. Use bit of dried leaf to add to flavor in soups and stews.

Borage. Use young leaves in salad, leaves and flowers in summer drinks.

Burnet. Use young tender leaves in salad.

Capers. Use, pickled, as a garnish for salads, etc.

Caraway. Use seeds in breads, cookies, seedcakes, and candies, and in soups, stews, salads, cottage or cream cheese, mashed turnip, and other dishes.

Cardamom Seeds. Use in cookies.

Celery Seed. Use to flavor soups, stews, crackers, cheese. Use fresh celery leaves in salad.

Chervil. Use the aromatic leaves for flavoring soup and salad. Use young leaves as garnish. The flavor is like parsley but milder.

Chili is a hot pepper used as a basis for chili sauce and many pungent dishes.

Chives. Use in salads (especially potato salad), omelets, sauces, cheese, etc. Chives may be potted for indoor cultivation, giving fresh cuttings in winter.

Chutney is a spicy pickle or condiment consisting of a mixture of fruit and seasoning such as currants or raisins, ginger, chilies, garlic, and mustard seed and vinegar. Serve with curries, cold meats, sausages, and stews.

Cinnamon. Use ground, or pieces of whole bark, as a seasoning.

Cloves. Use whole or ground as a seasoning.

Coriander seeds are used in curry powder, confections, and cookies.

Curry is a condiment from India containing turmeric, curry leaves, garlic, pepper, ginger, and other strong spices.

Dill. Use to flavor pickles, sauces, etc.

Fennel. Use powdered seeds to flavor apple pie, and fish sauces, particularly for mackerel and salmon. Serve young stalks like endive.

Garlic. Use sparingly. For salad, rub a dry crust of bread with a cut clove of garlic, toss with salad in bowl, and remove when ready to serve. In cooking, split clove lengthwise, run a toothpick through each piece, cook with food but remove while still firm (15 to 30 minutes).

Ginger is commonly cultivated for hot and pungent aromatic rootstock. Unscraped rootstock is known as black ginger. Scraped and peeled it is white ginger. The white is often candied or preserved. The dried rootstock is ground and used as a condiment.

Mace is the fibrous network which envelops the kernel of nutmeg. It is ground to provide a spice widely used in cookery.

Mango is a fruit grown in practically all tropical countries. Used as fresh fruit as well as the basis for most East Indian chutneys. In popular usage, small green melons, burr gherkins, and peppers, stuffed and pickled, are called mangoes.

Marjoram. Use the dry powdered leaves for flavoring mushrooms, salads, soups, and stuffings. Sprinkle on roast pork or lamb.

Mint. There are many varieties, all used for flavorings, though spearmint is the variety most generally liked. Use the leaves either fresh or dried. Use to flavor pea soup, new potatoes, spinach, sauce for roast lamb, beverages, and mint jelly.

Mustard. Prepared mustard is dry mustard mixed with vinegar or wine with added seasonings. The addition of sugar to a prepared mustard is liked by many. Dry mustard is made of ground mustard seeds.

Nasturtium. Add chopped fresh leaves, stem, and flower to a green salad. Chop and add to potted meat for sandwich filling. Pickled seeds equal capers in flavor.

Nutmeg is a kernel which is ground to produce a spice widely used in cookery.

Onion Seed. Use to flavor soups, stews, and meat dishes.

Paprika. Use to add color or as condiment.

Parsley. Use as a garnish or, finely chopped, in sauces and gravies. May be potted for winter use.

Peppercorns. May be used whole as seasoning.

Pepper is made from ground peppercorns. **Black pepper** is made from the whole berry; **white pepper** has the outer bark removed. Pepper freshly ground in a small mill has freshness and sparkle not found in commercial powdered pepper. Heat deteriorates pepper; therefore, do not keep on shelf on stove. **Cayenne pepper.** Use sparingly since it is very strong.

Pimento. The dried berry is commonly called **Allspice** and is used as a condiment. The fruit is preserved and sold as **Pimento** or, the Spanish spelling, **Pimiento**.

Poppy Seed. Use to garnish and flavor rolls and cookies.

Rosemary. Use leaves, flowers, and tender part of stems for garnishing and flavoring stews, fish, sauces, etc.

Sage. Use leaves, dried, in stuffings and seasonings for meat.

Salt. Use undiluted. Add during cooking process rather than afterwards.

Savory. Use leaves fresh or dried for seasoning salads, sauces, and dressings, in croquettes and stews.

Sesame Seed. Use to flavor rolls and cookies.

Shallots belong to the onion family but are delicate in flavor.

Shoyu Sauce or **Soy Sauce** is a Chinese or Japanese liquid sauce made from fermented soy beans.

Sugar. Use sparingly in meat dishes and vegetable cookery as a condiment.

Tabasco is a highly seasoned condiment sauce made with cayenne peppers.

Tarragon. Use fresh or dried leaves to flavor salads, vinegar, and pickles.

Thyme. Use both fresh and dried leaves to flavor beef loaf, pickles, oyster soup, stews, turkey and goose, etc.

Turmeric is an East Indian plant grown for aromatic rootstock which when ground is used as a condiment. Forms a basis and gives the yellow color to curry powder.

Watercress. Use in salads and sandwiches, and as a garnish for cold-meat platters, etc.

Worcestershire Sauce is a strong-flavored sauce. Use to flavor meat dishes, rarebits, etc.

CHAPTER 2

Menu Making

Menu making should put gaiety into housekeeping. Cooking may be as much a means of self-expression as any of the arts. No cook book, nor any book dealing with an art, can provide the spark of genius, but it can — and should — serve as a source of inspiration and information.

Most housewives who are bored with planning meals are those who have a cooking repertory of limited range and are conservative about trying anything new. An excellent first step away from old habits is to look for variations to use with dishes already familiar — a new sauce, new shapes and seasonings for breads, a salad dressing with a slight change of ingredients, even new garnishes or accompaniments, etc.

There are almost no unbreakable rules for menu making. Dishes which were once considered incorrect for any but the simplest home meal now appear at parties — corned beef hash, kidney stew, and finnan haddie, for example. Experiment in combinations of food, remembering to provide variations in texture, color, flavor, and shape.

Except for hotel and steamer buffet spreads, the day of over-decoration of foods has disappeared, happily for the epicure. No longer does the cook struggle to make food appear to be what it is not or conceal its essential character by masking it with whipped cream or mayonnaise. The choicest dish looks as though it had been manipulated very little in the making.

Personal visits to the grocery, fruit store, and market often provide inspiration and suggestion not acquired by telephone ordering. Encourage your grocer and butcher to suggest foods which are at their prime or at special prices.

MENU BUILDING FOR HEALTH

Recent advances in the science of nutrition demonstrate clearly that buoyant health can only be maintained by including in the diet not only sufficient calories (food units for body building, maintenance, and repair) but also a suitable amount of the so-called protective foods, minerals, and vitamins. It is not necessary to become food-conscious in any morbid sense to attain an optimum diet, so highly desirable for the individual as well as for society as a whole. Many of these elements are present automatically in the average good diet but some need special planning to be included in appreciable amounts. For special diets (reducing, gaining, etc.) books and pamphlets are available with charts showing the amount of calories present in the various foods. It is generally wise to have a physician outline a special diet, since individuals vary in their requirement of the different food elements.

Protective Foods should appear regularly on the marketing list. These include fresh fruit, especially the citrus fruits, leafy vegetables and salad ingredients, whole cereals and grains, milk, eggs, fish, cheese, meat, butter or olive oil or both. Prefer green or yellow to white vegetables and include parsley and watercress as ingredients rather than garnishes. Allow 1 quart of milk for each child and 1 pint for each adult.

Certain Minerals are essential to the best health and well-being. In the average good diet, *calcium and phosphorus* are supplied by the liberal use of milk, preferably enriched by Vitamin D.

Iron is most easily supplied by the use of liver, lean meats, parsley, watercress, dried Lima or kidney beans, whole wheat breads, and the leafy vegetables.

Vitamins are chemical substances, essential to health, which are present in foods in small, often minute quantities. Recent extensive research has determined their presence in various foods so that it is possible to add rich sources of each to the diet where a deficiency exists.

Vitamin A is generally present in sufficient quantity in the average good diet of adults. Its best sources are egg yolk, cream, butter, yellow or green vegetables, parsley, dandelion greens, watercress, tomatoes, and apricots. Butter loses some of its Vitamin A content

when cooked, all of it in frying. Therefore it is best to add butter to vegetables just before serving. Children require more Vitamin A than is usually present in the diet; the deficiency can best be supplied by the fish-liver oils.

Vitamin B-complex includes a large group of vitamins which occur together in various foods, but in differing proportions. The average good diet contains an insufficient quantity of the one known as Vitamin B₁ or thiamine. This vitamin is now being widely added to flour and to baker's bread and the deficiency can be further corrected by the use of liquid or tablet concentrates, brewer's yeast or "scalp of the sizings" (usually discarded when flour is milled) used as cereal or baked in breads. Good natural sources are whole wheat (including the germ), peanut butter, avocados, bananas, pineapple, citrus fruits, lean pork, kidneys, green peas, and green Lima beans, and whole milk. To retain the Vitamin B content of vegetables, cook with a minimum of water (*no soda*), preferably in a pressure cooker or double boiler in order to exclude air. Use the cooking water in soups or sauces.

Vitamin C is well-supplied in the average good diet. Its best sources are the citrus fruits, tomato juice, strawberries, raspberries, gooseberries, melons, bananas, white potatoes, cabbage, Brussels sprouts, watercress, and parsley.

Vitamin D must be present in sufficient quantity to permit full utilization of calcium and phosphorus by the body. The natural food sources of Vitamin D in appreciable amounts are egg yolk, milk, and butter. Children require additional amounts of Vitamin D, which can best be obtained through the use of Vitamin D milk and fish-liver oils.

Other vitamins are known but do not require special planning to be included in the average good diet.

BREAKFAST

Although breakfast is almost universally a standardized meal, an occasional surprise is welcome. Jams, marmalades, and honey in attractive pots provide one simple way to introduce a variation into the usual menu.

A late, hearty breakfast may serve as a combined breakfast and lunch or "brunch," as it is sometimes called. It may be served buffet style or not and is a pleasant meal to share in a leisurely manner with guests on a Sunday or holiday.

A "Wedding Breakfast" is really a luncheon with a menu suited to that meal.

BREAKFAST SUGGESTIONS

Fruits: Orange juice, grapefruit juice, tomato juice, 756, fresh fruit or berries, apples (baked, 51, or sauce, 52), apricots, 53, or prunes, 63.

Beverages: Tea, 36, coffee, 37, coffee substitutes, café au lait, 39, cocoa, 41, or milk.

Cereals: Serve prepared or hot cereals, 108, boiled or steamed hominy, 108, rice, 109, or corn meal mush, 108, with brown or white sugar and cream or top milk. Dates (stoned and cut in pieces) or raisins may be stirred into hot cereal just before serving. Berries, sliced peaches, or sliced bananas may be served on any cereal.

Main Dishes: Eggs in various ways, 120, Broiled Fillets of Fish, 243, Broiled Scrod, 257, Sautéed Shad Roe, 258, Fish Balls, 268, Kippered Herring, 269, Baked or Broiled Finnan Haddie, 269, Broiled Lamb Chops, 333, Bacon, 323, Broiled Ham, 324, Broiled Kidneys, 355, Broiled Tomatoes, 459, with Bacon. Griddlecakes, 99, Buckwheat Cakes, 100, Waffles, 102, etc.

Breakfast Breads: Toast, 162, Coffee Cake, Kuchen, 74, Crescent Rolls, 81, Buns, 82, Hot Cross Buns, 83, etc., Brioche, 83, Baking Powder Biscuits, 86, Muffins, 88, Popovers, 90, Corncake, 91, Irish Bread, 85.

A QUICK BREAKFAST

Fresh Fruit, 51
Poached Eggs, 124
Toast, 162 Marmalade, 751
Coffee, 37

Figures refer to the pages where recipes appear in this book.

A HEARTY BREAKFAST

Cantaloupe, 55	
Cereal, 108, if desired	
Scrambled Eggs, 127, with Broiled Sausages, 328	
or	
Broiled Scrod, 257, with Creamed Potatoes, 416	
Sautéed Tomatoes, 459	Corncake, 91, or Popovers, 90
Coffee, 47	

LUNCHEON

A perfect luncheon is light and simple but satisfying. The present trend is toward shorter menus, two or three courses being the average. The luncheon usually begins with a clear or cream soup served in cups, but there are other popular choices, such as a tomato or fruit juice cocktail, fruit cocktail, or other appetizer, or a light fruit or vegetable salad or shellfish or a well-seasoned egg dish. Dessert may be delicate or hearty as required by the season and the type of main dish served. Fruit or a fruit salad may replace dessert.

Tea, chocolate, or coffee may be served with an informal luncheon, but black coffee is the correct choice after a formal luncheon.

A bridge luncheon is often served as a single course—fruit salad, coffee, cheese and crackers or a creamed dish with salad or relishes or a mixed green salad with a variety of sandwiches.

VEGETABLE PLATES

- I. Turkish Pilaf, 111, Broccoli, 430, Hollandaise, 232, Fried Eggplant, 441.
- II. Baked Stuffed Tomato, 460, Green Beans, 426, Braised Celery, 436, Corn Fritters, 438.
- III. Baby Carrots, 433, Spinach, 454, Lima Beans, 427, Baked Stuffed Potato, 407.
- IV. Stuffed Mushrooms, 447, Green Peas, 451, Parsley Potatoes, 409, Cauliflower, 435.

Figures refer to the pages where recipes appear in this book.

MAIN COURSE	VEGETABLE OR SALAD	BREAD
Cheese Soufflé, 140	Green Beans, 426, <i>or</i> Green Peas, 451	Cream Scones, 87
Macaroni Ring with Creamed Mushrooms, 445	Asparagus Salad, 479	
Florentine Eggs in Cas- croles, 126		Pinwheel Biscuits, 87, <i>or</i> Nut Bread, 96
Lobster Stew, 207	Green Salad, 478	Toasted English Muffins, 163
Individual Vegetable Salads, 480		Honey Bread, 96, <i>or</i> Melba Toast, 162
Vegetable Chowder, 201	Pear Salad, 487	Toasted Cheese Sand- wiches, 695
Smelts, Amandine, 259	Purée of Spinach, 453, with Hollandaise, 232, if desired	Sweet French Rolls, 79
Fish Balls, 268	Mint Glazed Carrots with Peas, 434	Hot Corncake, 91
Samoset Scallops, 295	Macédoine Salad, 480	Melba Toast, 162
Corned Beef Hash, 315	Carrots Huntington, 434	Rye Bread, 72
Mixed Grill, 336	Watercress Salad, 478	Hard Rolls
Sweetbreads Monroe, 362	Alligator Pear and Orange Salad, 485	Cream Bread Fingers, 80
Chicken Hash, 404	Corn Pudding (if de- sired), 438, Tiny Lima Beans, 427, <i>or</i> Green Beans, 426	Orange Peel Bread, 97, <i>or</i> Popovers, 90
Crab Meat and Pine- apple Salad, 502		Crescent Rolls, 81
Stuffed Avocado Salad, 485		Corn Crisps, 165
Shrimp, Louisiana Style, 297	Cucumber and Radish Salad, 481	Beaten Biscuits, 89
Eggs à la Mimosa, 121	Salad Bowl, 478	Cheese Biscuits, 86
Stuffed Mushrooms on Toast, 447, Broiled Bacon, 323, <i>or</i> Tiny Pork Sausages, 328	Celery Salad, 479	
Fruit Salad, 488	Cottage <i>or</i> cream cheese	Toasted French Bread
Crabs Ravigôte, 501		Feather Rolls, 84
Fish Mousse, 254	Green Peas, 451	Rich Corncake, 91

Figures refer to the pages where recipes appear in this book.

LUNCHEON MENUS

I	Stuffed Eggs, 123	Melba Toast, 162
	Cold Lobster, 278	
	Macédoine Salad, 480	Tiny Hot Rolls, 76
	Coffee Ice Cream, 567	Whipped Cream, 595
	Cream Sponge Cakes, 629	
II	Consommé, 180	
	Crab Cakes, 275	
	Baked Tomatoes, 460	Corncake, 91
	Macédoine of Fruit, 66	
	Cookies, 665	
III	Tomato and Cottage Cheese, 158	
	Scrambled Eggs, New York Style, 127	
	Asparagus, 425, Vinaigrette, 238	Cream Scones, 87
	Mocha Soufflé, 533	
IV	Celery and Tomato Purée, 191	
	Cheese Custard Ring, 141, filled with Green Peas, 451	
	Orange Peel Bread, 97	Spring Salad, 479
	Lemon Tarts, 615	
V	Split Pea Soup, 196	
	Hot Crackers	Green Salad, 478
		Cheese
	Chocolate Bread Pudding, 520	
	Whipped Cream, 595, or Hard Sauce with Cream, 588	

WEDDING BREAKFAST

VI	Bouquet Cocktail, 66, or Clear Chicken Broth, 184
	Creamed Lobster, 282, in Swedish Timbale Cases, 554
	Bowknot Rolls, 80
	Strawberry Parfait Amour, 583
	Black Coffee, 39

Figures refer to the pages where recipes appear in this book.

DINNER

The long elaborate dinner is — happily — outmoded. Regard for health and beauty as well as a love of games and the theater have contributed to the vogue for fewer and simpler courses. Even for important occasions, a dinner in a private house will seldom include more than:

1. Soup (preferably clear) or a fish course, occasionally both
2. Broiled poultry or other light meat course, carved in the kitchen and passed with a salad or vegetable
3. A light salad (if not served with the meat) or a vegetable, such as asparagus or artichokes
4. An ice, mousse or bombe, or other delicate dessert
5. Black coffee

An English dinner will conclude with a savory such as wafers and cheese, cheese soufflé, or apple savories, etc.

Dinner breads, if served at all, should be small and light, such as Melba toast, toasted rolls, or small hot rolls.

As adapted to a simple home dinner, the menu becomes:

1. Soup, thick or thin, or an appetizer, fruit or fruit cup, or salad
2. Main course with vegetable and salad
3. Dessert — light or hearty, fruit or fruit salad with cheese and crackers

A FEW RULES FOR SUCCESSFUL DINING

1. Foods at the height of their season are the best choice, both for economy and for interest.

2. Serve a light dessert with a hearty main course and vice versa.

3. Do not repeat flavors in the same menu (tomato soup and tomato salad, etc.).

4. Serve at least one hot dish, even for a midsummer meal.

5. If wine is to be served with dinner, make the salad dressing with wine vinegar, since malt vinegar kills the taste of the wine.

6. Try out new recipes and combinations on the family before presenting them to guests.

7. Use generous-sized serving dishes so that food may be arranged attractively without crowding or danger of spilling when served.

DINNER SUGGESTIONS

Soups (pp. 175-209) and **Soup Accompaniments** (pp. 162-167):

For a formal dinner, a clear soup is preferred, such as Consommé, 180, Clear Mushroom Soup, 193, Essence of Tomato, 198, Tomato Madrilène, 197, Clam Broth, 204, etc.

Fish Course: Fish Mousse, 254, Whitebait, 261, Oyster Crabs, 277, Fricassee of Lobster and Mushrooms, 281, Savory Oysters, 289, etc., Shrimps with Dill, 296, Lobster Croquettes, 284, etc., Cromesquis à la Russe, 271, Halibut Marguerites, 255, Halibut Timbales, 255, Lobster Timbales, 285, Lobster Mousse, 286, Crab Meat Mornay, 276, etc., Lobster à la Newburg, 281, etc.

Potatoes: For the simple dinner, see Potatoes (pp. 407-421).

Wild rice, 109, or Hominy Cakes, 109, or Croquettes, 113, are delicious substitutes with poultry and game.

For the formal dinner, a starchy vegetable is often omitted. If served, choose tiny new potatoes, Fried Potato Balls, 413, Potatoes Rissolée, 414, or Lattice Potatoes, 413, etc.

Vegetables (pp. 422-463):

For the formal dinner, serve fresh green vegetables, cut daintily, asparagus with melted butter or Hollandaise, 232, (often as a separate course), tiny Lima beans, 427, mushrooms, 445, chestnuts in cream, 437, or puréed, 437, Spinach à la Béchamel, 454.

Salads: If there is to be a dessert course, the dinner salad should be extremely simple—a green salad, 478, Alligator Pear Salad, 485, or grapefruit and watercress, 485, etc.

Salad and dessert may be combined by serving a mixed fruit salad or frozen fruit salad with toasted crackers and cheese.

Desserts: Fruits, 51, French Pancakes, 102, custards and puddings, 510, soufflés and sweet omelets, 533, Frozen Desserts, 556, Pastry and Pies, 597.

For the formal dinner, frozen desserts are the usual choice, a mousse or parfait, 569 ff., Baked Alaska, 576, a bombe or mold, 578. Also Soufflés, 510, Charlottes, 542.

Figures refer to the pages where recipes appear in this book.

MAIN COURSE	STARCHY VEGETABLE	VEGETABLE	RELISH
*Larded Fillet of Beef, 309	New Parsley Potatoes, 409	Peas, Green Beans, <i>or</i> Asparagus, 425	Mustard Sauce, 236
*Tournedos of Beef, 302	Chantilly Potatoes, 409	Stuffed Mushroom Caps, 447, Broiled Tomatoes, 459	Horse-radish Sauce, 237
Roast Beef, Yorkshire Pudding, 307, 309	Franconia Potatoes, 412	Cauliflower, 435, <i>or</i> Beets, 429	Horse-radish Sauce II, 237
*Roast Saddle of Lamb, 339	Boiled New Potatoes, 409	Asparagus, Hollandaise, 425	Mint <i>or</i> Currant Mint Sauce, 237
Fried Chicken, 375	Hominy Cakes, 109	Lima Beans, 427, Corn Pudding, 438	Grape Jelly
*Roast Wild Duck, 388	Wild Rice <i>or</i> Hominy Cakes, 109	Green Beans, 426, <i>or</i> Peas, 451	Preserved Kumquats
Corned Beef Hash, 315		Harvard Beets, 429	Celery Relish, 217
Planked Steak, 301		Green Salad, 478	Chili Sauce, 740
Roast Crown of Pork, 321	Scalloped Sweet Potatoes and Apples, 421	Cauliflower Allemande, 435	Corn Relish, 745
Smothered Chickens, Sour Cream Sauce, 374	Chestnut Croquettes, 437	Broccoli, Drawn Butter, 430	Pickled Peaches, 742
Chicken Curry, 384	Rice, 109	Peas, 451	Apple Chutney, 738
*Filllets of Chicken, Sauce Suprême, 380	Sweet Potato Balls, 420	Artichokes, Hollandaise, 426	Wild Grape Jelly, 723
Roast Turkey, 393, garnished with Broiled Pork Sausages, 328	Sweet Potatoes, Georgian Style, 419	Brussels Sprouts with Chestnuts, 431	Cranberry Jelly, 218
*Roast Squabs, 392, and Sausage-Chestnut Stuffing, 214		Green Salad, 478	Sweet Crab-apple Pickle, 739

* Especially suitable for company dinner.

Figures refer to the pages where recipes appear in this book.

DINNER-PARTY MENUS

I

Crème Vichyssoise, 193



Fillets of Sole, Amandine, 246
Brown Bread and Cucumber Sandwiches



Guinea Hen, 388
Green Beans, 426



Alligator Pear and Orange Salad, 485
Bread Sticks, 80



Crème Brûlée, 513
Macaroons, 684



Black Coffee, 39

II

Tomato Madrilène, 197
Melba Toast, 162 Olives and Radishes



Fish Mousse, 254, Normandy, 227, or Lobster Sauce, 224
Thin Brown Bread Sandwiches
Sliced Tomatoes and Wilted Cucumber, 440



Broiled Fillets of Beef, 302
Mustard Sauce, 236
Maître d'Hôtel Potatoes, 409 Sautéed Mushrooms, 445



Sultana Roll, Claret Sauce, 583



Black Coffee, 39

Figures refer to the pages where recipes appear in this book.

WILD DUCK DINNER

Cream of Mushroom Soup, 194	
Toasted Cassava Cakes, 165	Relishes
~	
Roast Wild Duck, 388	
Currant Jelly	
Wild Rice or Hominy Cakes, 109	Green Beans, 426, or Peas, 451
~	
Orange Salad on Endive, 486	
French Dressing, 464	
~	
Toasted Crackers	Cheese
Black Coffee, 39	

If another course is desired, serve oysters on the half shell first or a fish course of Scallops Newburg, 295, or Fried Flounder, 244, with Tartare Sauce, 239, or a dessert, ice cream, or Mont Blanc, 526.

If a very fine Burgundy is to be served with duck, omit salad or dessert and serve a Cheese Soufflé, 140.

SPRING DINNER

Consommé, 180	
Melba Toast, 162	Olives, Celery, and Radishes
~	
Roast Saddle of Hothouse Lamb, 339	
or	
Boned Loin of Lamb, 337	
Currant Mint Sauce, 237	
New Potatoes, 409	Green Peas, 451
~	
*Asparagus, 425	
Hollandaise Sauce, 232, or Melted Butter	
~	
Noisette Bombe, 582	Tiny Sponge Cakes, 628
~	
After-dinner Coffee, 39	

* Or Asparagus Vinaigrette. Serve as a separate course.

Figures refer to the pages where recipes appear in this book.

SOUTHERN DINNER

Black Bean Soup, 188
 Maryland Beaten Biscuit, 89 Watermelon Pickle, 744
 ~~~~~  
 Fried Chicken, 375, Cream Gravy  
 Hominy Cakes, 109, *or* Corn Pudding, 438  
 Broiled Tomatoes, 459      Lima Beans, 427  
 ~~~~~  
 Brandied Peaches, 742
 Pound Cake, 642
 ~~~~~  
 Coffee, 39

**ITALIAN DINNER**

Alfredo's Noodles, 116  
 ~~~~~  
 Sautéed Turkey Breasts, 380
 Green Peas, 451 Italian Bread
 ~~~~~  
 Zabaglione, 512  
 Coffee, 39

**THANKSGIVING DINNER**

Oyster Bisque, 203  
 ~~~~~  
 Roast Turkey, 393, garnished with tiny broiled sausages
 Brown Gravy, 394 Cranberry Sauce
 Mashed Potatoes, 409
 Mashed Turnip, 461, *or* Baked Winter Squash, 457
 Onions, 448, Buttered *or* in Cream
 ~~~~~  
 Grapefruit and Celery Salad, 485  
 ~~~~~  
 Pumpkin Pie, 612
 ~~~~~  
 Fruit      Nuts  
 Black Coffee, 39

*Figures refer to the pages where recipes appear in this book.*

**CHRISTMAS DINNER**

|                                                                  |                                |        |
|------------------------------------------------------------------|--------------------------------|--------|
| Celery                                                           | Oysters on the Half Shell, 154 | Olives |
| Consommé, 180, or Essence of Tomato, 198                         | Melba Toast, 162               |        |
| Roast Goose, 388, Celery Stuffing, 210, or Little Roast Pig, 321 |                                |        |
| Mashed Potatoes, 409                                             | Onions in Cream, 448           |        |
| Green Beans, 426                                                 |                                |        |
| Waldorf Salad, 485                                               |                                |        |
| Mince Pic, 613, or Plum Pudding, 531, Hard and Liquid Sauce      |                                |        |
| Black Coffee, 39                                                 |                                |        |

**AFTERNOON TEA**

With a pot of perfectly made tea, thin buttered toast or finger-shaped bread-and-butter sandwiches are sufficient for an informal tea. A simple sandwich, plain cake or cookies are served if at hand but need by no means be considered essential.

A formal tea for a large company is usually served from the dining-room table, which is set with tea and its accompaniments at one end and another beverage or an ice at the opposite end. Along the sides of the table are arranged large plates of sandwiches and small cakes. Do not overcrowd the plates but bring a fresh supply at intervals, especially if some are hot.

**A FORMAL TEA**

|                               |                                          |                         |
|-------------------------------|------------------------------------------|-------------------------|
|                               | Coffee, 37                               | Tea, 36                 |
| Sugar                         | Cream                                    | Lemon and Orange Slices |
|                               | Rolled Mushroom Sandwiches, Toasted, 692 |                         |
| Shrimp Sandwiches, 697        | Chicken Cream Sandwiches, 698            |                         |
|                               | Open Tomato Sandwiches, 691              |                         |
|                               | Orange Cream Sherbet, 562                |                         |
|                               | Swedish Nut Wafers, 671                  | Lemon Queens, 690       |
| Marshmallow Mint Bonbons, 715 | Sugared Almonds, 701                     |                         |

*Figures refer to the pages where recipes appear in this book.*

## TEA SUGGESTIONS

**Toast and Hot Breads:** Melba Toast, 162, Toasted English Muffins, 163, Cinnamon Toast, 162, Orange Toast, 162, Maple Toast, 162, Toasted Raisin Bread, 72, Tea Cake, 94, Sally Lunn Tea Cakes, 84, Baking Powder Biscuits, 86, etc., Scones, 87, Afternoon-tea Wafers, 91, Cream Wafers, 89, Tiny Sour Cream Doughnuts, 106, Gingerbread, 95 (baked in lady-finger or other small pans).

**Sandwiches:** Make small, firm ones, easily handled and not full. They may be open (canapés) or closed. Bread and butter sandwiches made with White Bread, 70, Date Bread, 72, Colonial Bread, 72, Nut Bread, 96, Orange Peel Bread, 97, or Boston Brown Bread, 98. Rolled Sandwiches, 692, Toasted Sandwiches, 694, sandwiches with simple fillings, especially cream cheese, 696, with variations, watercress, 697, Shrimp and Chicken Liver, 699, chicken and ham, 697, etc.

**Small Pastries,** 618, especially Condés, 620, Marguerite Squares, 621, Palm Leaves, 621, Tarts, 615, Danish Pastry, 622 (best with coffee).

**Cookies:** Choose small crisp ones. Plain ones are usually best with no decoration or frosting to fall off. Spice Cookies, 672, Sugar Cookies, 666, etc., Chocolate Walnut Wafers, 680, Swedish Nut Wafers, 671, Brownies, 679, Date and Nut Bars, 675, Marguerites, 686, Lemon Queens, 690.

**Cakes:** Sponge cake or unfrosted pound cakes in thin slices or fruit cakes are the best choice. Serve Dundee or other fruit cake on a plate with a knife, so that each piece may be cut as required. Sponge Cake, 628, Dundee Cake, 646, Pound Cake, 642, Fruit Cake, 644.

**Sweets, etc.:** Salted Nuts, 701, Candied Orange or Grapefruit Peel, 704, Fruit Bars, 703, Chocolate Dominoes, 703.

## FOR ANY AFTERNOON

| Tea, 36                                                     | Sugar | Cream | Sliced Lemon |
|-------------------------------------------------------------|-------|-------|--------------|
| Watercress Sandwiches, 697, or Toasted English Muffins, 163 |       |       |              |
| Chocolate Wafers, 680                                       |       |       |              |
| Pound Cake, 642, or Dundee Cake, 646                        |       |       |              |

*Figures refer to the pages where recipes appear in this book.*

## SUNDAY-NIGHT SUPPERS

Many a man enjoys preparing a chafing-dish specialty, and Sunday-night supper may be his opportunity to do so for guests. All the preliminaries, even to measuring out of ingredients, should be accomplished well in advance, so that the visible preparation may seem miraculously simple. Toaster, grill, and waffle iron afford other opportunities for table cooking. Scalloped dishes can be prepared beforehand, ready to heat and brown in the oven.

The best salad of all is the ever-popular green salad, with any appropriate additions, tossed in French dressing, in a large wooden or glass bowl.

Dessert may be crackers and cheese, fresh fruit, cookies, cakes or tarts, or something more elaborate such as Date and Nut Torte, 550, Almond Tarts, 549, Gingerbread, 95 (with Whipped Cream, Cheese or Apple), Soufflés, 533, sweet omelets, 133, or Topsy Pudding, 510, etc.

### SUPPER MENUS

|            |                                           |                            |
|------------|-------------------------------------------|----------------------------|
| <b>I</b>   | Welsh Rarebit, 137                        |                            |
|            | Hot Corncake, 91                          | French Salad Bowl, 478     |
|            | Chilled Baked Pears with Cream, 62        |                            |
|            | Swedish Nut Wafers, 671                   |                            |
|            | Coffee, 37                                |                            |
| <b>II</b>  | Hot Stuffed Eggs, 123                     | Sliced Cold Chicken, 377   |
|            | Baking Powder Biscuits, 86                | Asparagus Vinaigrette, 425 |
|            | Macédoine of Fruit, 66                    |                            |
|            | Coconut Layer Cake, 634                   |                            |
|            | Mexican Chocolate, 41                     |                            |
| <b>III</b> | Chicken Salad, 504                        | Broiled Sausages, 328      |
|            | Popovers, 90                              |                            |
|            | Sliced Tomatoes with French Dressing, 464 |                            |
|            | Fresh Fruit                               |                            |
|            | Camembert Cheese                          | Toasted Crackers           |
|            | Coffee, 37                                |                            |

*Figures refer to the pages where recipes appear in this book.*



## SUPPER SUGGESTIONS

| MAIN COURSE                                                                             | SALAD                                       | BREAD                                  |
|-----------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------|
| Waffles, 102, Maple Sirup, Broiled Sausages, 328                                        | Stuffed Tomato Salad, 483                   |                                        |
| Macaroni, 114, Cold Sliced Tongue, 364                                                  | Macédoine Salad, 480                        | Buttered French Loaf, 164              |
| Cheese Ring, 141, filled with Creamed Mushrooms                                         | Ginger Ale Salad on Watercress, 494         | Toasted English Muffins, 163           |
| Boston Baked Beans (served from large pot or individual pots), 427                      | Cauliflower Salad, 479, Pickles, 738        | Boston Brown Bread, 98                 |
| *Lobster Chowder, 207                                                                   | Allerton Salad, 484                         | Melba Toast, 162                       |
| *Fricassee of Lobster and Mushrooms, 281                                                | Pear Salad, 487                             | Hot Rolls, 76                          |
| Epicurean Finnan Haddie, 270                                                            | Cucumber Salad, 479                         | Brown Bread and Butter Sandwiches, 691 |
| Chicken Mousse, 400                                                                     | Alligator Pear and Celery Salad, 485        | Nut Bread, 96                          |
| Chicken à la King, 397, (or other patty fillings) in Patty Shells or on Toast           | Tomato Jelly Salad, 492                     | Orange Peel Bread, 97                  |
| *Lobster Newburg, 281                                                                   | Green Salad, 478                            | Brioche, 83                            |
| *Welsh Rarebit, 137                                                                     | French Salad Bowl, 478                      | Baking Powder Biscuits, 86             |
| *Scrambled Eggs (or a variation), 127                                                   | Asparagus, Hot or Vinaigrette, 425          | Cream Scones, 87                       |
| Oyster Pie, 292, Sliced Cold Ham, 326                                                   | Chiffonade Salad, 479                       | Rich Corncake, 91                      |
| Cold Salmon, Mayonnaise, 256                                                            | Mixed Vegetable Salad, 479, 480             | Popovers, 90                           |
| Sliced Cold Chicken or Turkey or Chicken Salad with Sliced Ham or Broiled Sausages, 328 | Spring Salad, 479                           | Feather Rolls, 84                      |
| Sliced Tongue, 364                                                                      | Potato Salad, 482, Sliced Tomato Salad, 483 | Rye Bread, 72                          |
| Alligator Pears Stuffed with Crab Meat, 485                                             |                                             | Bacon Muffins, 88                      |

\* Suited to chafing-dish cooking.

*Figures refer to the pages where recipes appear in this book.*

## BUFFET LUNCHESES AND SUPPERS

A large company may be entertained easily and well if the guests serve themselves from a central table or buffet. Hot foods should be replenished frequently or served from a chafing dish or electric grill. Beverages may be served from urns or from pots which are refilled from time to time.

For a buffet luncheon or supper party, choose one hot and one cold dish, with a salad and hot rolls or simple bread-and-butter sandwiches. See suggestions for Luncheons (p. 20) and Suppers (p. 31). For dessert, the choice is wide — an ice cream, individual tarts, fruit cup with cakes or cookies, or any other dessert which can be prepared in quantity well in advance and which is easy to serve.

For simple evening refreshments, serve a choice of coffee or bouillon with thin chicken, turkey, or ham sandwiches. If desired, little cakes or ice cream and cakes may follow.

### BUFFET SUPPERS

|          |                                                                                                                                                                                                                            |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>I</b> | Cold Virginia Ham, 325, thinly sliced<br>Finnan Haddie Delmonico, 270,<br>Small Rolls, 76                  Coffee, 37<br>Tomatoes Stuffed with Celery and Apple, 483<br>Lemon Tarts, 615, <i>or</i> Macédoine of Fruit, 66 |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|           |                                                                                                                                                                                                                                                |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>II</b> | Louisburg Chicken Pie, 384<br>Perfection Salad, 493<br>Parker House Rolls, 76                  Coffee, 37 ff.<br>Vanilla Ice Cream, 563, Strawberry Sauce, 594<br>Marguerites, 686, <i>or</i> Almond Cakes, 688, <i>or</i> Tiny Cup Cakes, 686 |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*Figures refer to the pages where recipes appear in this book.*

## CHILDREN'S PARTIES

Most children are conservative about food, so choose simple dishes which are likely to be familiar to all the guests. Foods which are easily handled are popular. Ice cream seems to be the one essential!

### FOR CHILDREN 3 OR 4 YEARS OLD

- |           |                                                                                                                                                                                                                                        |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>I</b>  | Cream of Carrot Soup, 189, <i>or</i> Milk<br>Peanut Butter Sandwiches, 697    Checkerboard Sandwiches, 693<br>Vanilla Ice Cream, 563, <i>or</i> Orange Jelly in Fancy Molds, 535<br>Sponge, 629, Angel, 631, <i>or</i> any Simple Cake |
| <b>II</b> | Creamed Eggs, 122<br>Peas, 451                      Carrot Strips, 216<br>Bread and Butter Sandwiches<br>Ice Cream, 556, <i>or</i> Custard, 510<br>Cookies                                                                             |

### FOR CHILDREN 5 OR 6 YEARS OLD

- |           |                                                                                                                                                                                                              |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>I</b>  | Tomato Juice, 756, <i>or</i> Orange Juice, 60<br>Creamed Chicken on Toast, 396    Bunny Salad, 488<br>Ice Cream, 556                      Simple Cake, 624<br>Milk                                           |
| <b>II</b> | Scrambled Eggs, 127, <i>or</i> Sliced Chicken, 377<br>Green Peas, 451                      Carrot Slices, 216<br>Bread-and-Butter Sandwiches<br>Ice Cream, 556                      Simple Cake, 624<br>Milk |

*Figures refer to the pages where recipes appear in this book.*

## FOR OLDER CHILDREN

- I** Tomato Juice, 756  
 Creamed Chicken, 396, Creamed Eggs, 122, *or* Minced  
 Lamb, 343 Toast  
 Green Vegetable  
 Ice Cream, 556, *or* Baked Alaska, 576  
 Cake, 624  
 Hot Cocoa, 41 Whipped Cream

- II** Lamb Chops, 333 (boned), *or* Hamburg Patties, 304  
 Creamed Potatoes, 416, *or* Candied Sweets, 420  
 Green Vegetable Orange Rolls, 78  
 Ice Cream, 556, Plain *or* with Chocolate Sauce, 585, Maple  
 Sirup, Butterscotch Sauce, 584, *or* Crushed Strawberries  
*or* Raspberries Cake, 624

## PICNIC SUGGESTIONS

Keep a basket ready, packed with the necessary equipment. A gallon jug for fresh water is useful. Carry charcoal for the fire.

**To broil on picnic fire.** Steak, Sausages, Hamburg Patties, Lamb Chops, Broilers, Fish, Bacon, Kidneys, Tomatoes.

**To bake or roast in hot coals.** Small Boneless Ham, Chicken, Clams, Eggs, Potatoes, Corn.

**To reheat on fire,** *or* to carry in thermos jugs *or* other container wrapped in thick layer of newspaper. Pot Roast of Beef, 310, Beef and Vegetable Soup, 179, Boston Baked Beans, 427, Chicken Fricassee, 382, Smothered Chicken, 374, etc., Creamed Potatoes, 416, Creamed *or* Buttered Vegetables.

**To serve cold.** Beef, 326, *or* Veal Loaf, 351, Baked, 326, *or* Boiled Ham, 325, Roast Chicken, 377, *or* other roast meats. Chicken Salad, 504, Macédoine Salad, 480, Potato Salad, 482, whole tomatoes, lettuce, and other salad ingredients washed and dried. Carry French dressing, 464, in a tightly corked bottle.

*Figures refer to the pages where recipes appear in this book.*

## CHAPTER 3

# Beverages

### TEA

All tea is grown from one species of shrub, *Thea*, the leaves of which constitute the tea of commerce. Variations in climate, elevation, soil, and methods of cultivation, as well as care in picking and curing, produce teas of different flavors. The principal types of tea are:

*Black Tea*, made from leaves which have been allowed to ferment before curing. Some familiar black teas are Oolong, Formosa, English Breakfast, Orange Pekoe, Flowery Pekoe, and Souchong.

*Green Tea*, made from unfermented leaves artificially colored. Some familiar green teas are Hyson, Japan, and Gunpowder.

#### To Make Tea

Fill earthen or china teapot or covered pitcher (easier to wash) with boiling water and let stand until thoroughly heated. Pour out water. For each cup, measure into pot  $\frac{1}{2}$  to 1 teaspoon tea and  $\frac{1}{2}$  cup fresh boiling water. The amount of tea is determined by the quality of the tea and individual taste. Let stand, covered, 3 minutes. Strain and dilute with boiling water to taste. Use fresh tea leaves for each steeping.

Tea epicures prefer to serve China tea clear, with neither cream, sugar, nor other accompaniment to disguise the delicate flavor of the tea itself.

#### To Serve with Tea

Sugar in blocks or fancy shapes, or rock candy

Cream or milk

Thin lemon or orange slices, seeded (2 or 3 cloves may be stuck in each slice)

Rum

Candied red cherries or cordial drops



## ICED TEA

1. Strain strong hot tea (preferably English Breakfast or Formosa Oolong) into glasses  $\frac{1}{3}$  full of cracked ice or over block of ice in pitcher. Garnish with slices of lemon, allowing 1 slice to each glass. Quick chilling results in a clearer product and a finer flavor. Pass sugar and lemon juice.

For variety, substitute orange juice for half the lemon juice and garnish with both lemon and orange slices. Fresh mint leaves are a popular addition.

2. **Cold-Water Method.** Put 1 teaspoon tea for each cup of water in large covered pitcher. Add cold water, let stand in refrigerator 12 hours. Strain. This makes a very clear product.

## COFFEE AND COFFEE SUBSTITUTES

The berries of coffee trees constitute the coffee of commerce. Java coffee is considered the finest. Mocha commands a higher price, owing to a certain acidity and sparkle, but used alone is not desirable. When combined with Java, in proportion of two parts Java to one part Mocha, the coffee best suited to average taste results. All coffee sold as Java does not come from the island of Java. Any coffee, wherever grown, having the same characteristics and flavor is sold as Java. The same is true of other kinds of coffee.

In its natural state, green or raw coffee is tasteless. Roasting is required to develop the volatile oils that lend fragrance and flavor to all coffee.

Coffees and coffee substitutes are on the market, such as coffee from which the caffeine has been removed, instantaneous powdered coffee, coffee substitute, and cereal coffees that require boiling.

**To Buy and Store Coffee.** Buy coffee in the bean and grind as needed in a coffee mill or buy in small quantities, freshly roasted and ground, and store in a can or glass jar with tightly fitting cover. Store coffee in refrigerator to keep fresh flavor.

## FILTERED or DRIP COFFEE

Use drip coffepot of proper size for amount to be made. Fill with hot water. Let stand until thoroughly heated. Use 1 to 3 tablespoons coffee (finely ground) to each cup water. Place coffee in strainer

part of drip coffeepot. Set in place over lower section. Bring kettle of fresh water to boiling point, remove from heat, and as soon as it stops bubbling, measure water slowly into upper section of coffeepot. Cover closely. Stand in warm place or over hot water (not over direct heat) until coffee has filtered through into lower section.

### PERCOLATED COFFEE

Use 1 to 3 tablespoons coffee (finely ground) to each cup water. Place coffee in strainer part of percolator. Add either cold or boiling water. Adjust top. Set over heat, or, if electric percolator is used, turn on current. After coffee reaches boiling point, reduce heat and percolate gently for about 10 minutes or until liquid is amber-colored as seen through glass top. If electric unit does not provide change of heat, remove connection 3 times to slow up process.

### BOILED COFFEE

|                          |                              |
|--------------------------|------------------------------|
| $\frac{1}{2}$ cup coffee | 1 cup cold water             |
| 1 egg or 3 eggshells     | 6 cups freshly boiling water |
| Few grains salt          |                              |

Scald coffeepot, preferably glass or enamelware. Wash egg, break, and beat slightly. Dilute with half the cold water, add crushed shell, and mix with coffee. Add salt. Turn into coffeepot, pour on freshly boiling water, and stir thoroughly. Stuff spout of pot with soft paper to prevent escape of fragrant aroma. Set over direct heat, bring slowly to boiling point, and boil 3 minutes. Add remaining cold water, which perfects clearing. Let stand 10 minutes in warm place on stove, but not over direct heat. Or, set coffeepot in pan containing hot water and place over very low heat.

If not boiled long enough, coffee is cloudy; if boiled too long, too much tannic acid is developed and coffee is bitter.

Drain left-over coffee from grounds and use for Coffee Jelly (p. 536), Chocolate Cake (p. 638). Also consult index.

**For One or Two.** Mix 1 cup ground coffee with 1 egg, slightly beaten, and crushed shell. Store in covered jar in refrigerator. For each cup of coffee, measure 1 tablespoon mixture and add 1 tablespoon extra "for the pot." Add  $\frac{1}{3}$  cup cold water, mix well, and turn into a scalded coffeepot or small deep pan, add 1 cup boiling water for each serving. Boil slowly 3 minutes. Let stand over low heat 10 minutes.

**STEEPED COFFEE**

$\frac{1}{2}$  cup coffee      4 cups boiling water

Put coffee in pot, add water, and cover closely. Let stand 5 minutes in warm place on stove but not over direct heat. Strain through fine strainer.

**COFFEE FOR FIFTY**

1 pound coffee      6 to 8 quarts cold water

Put coffee in coffee bag, tied loosely to allow for expansion. Put in kettle, cover with cold water, and let stand several hours or overnight. Bring to boiling point 3 times, removing from heat each time boiling point is reached.

**PICNIC COFFEE**

Allow 1 to 3 tablespoons coffee to each cup water, put in coffee bag and tie loosely to allow for expansion. Add water, set over picnic fire, and bring to boiling point 3 times, removing from fire each time boiling point is reached.

**CAFÉ AU LAIT**

Serve hot coffee with an equal quantity of hot, scalded milk. Pour milk and coffee into cup simultaneously — a pot in each hand.

**AFTER-DINNER COFFEE *or* CAFÉ NOIR**

Use 3 tablespoons coffee to each cup of water, and make by any recipe. Serve in after-dinner coffee cups.

**Vienna Coffee.** Serve with whipped cream.

**CAFÉ BRÛLOT *or* AU DIABLE**

|                              |                    |
|------------------------------|--------------------|
| $\frac{1}{2}$ stick cinnamon | 1 curl orange peel |
| 6 whole cloves               | 6 lumps sugar      |
| 1 curl lemon peel            | 2 ounces rum       |
|                              | 4 ounces brandy    |

Mix in chafing dish, heat, and set afire with lighted match. Stir with ladle and slowly add 3 cups strong coffee. Serve in demitasse cups (6) using ladle. Use all brandy if preferred.

## ICED COFFEE

1. Strain very strong hot coffee over ice in glasses or pitcher. Serve with cream and powdered sugar.

2. Strain coffee, sweeten to taste, and chill. Dilute with cream and serve in tall glasses.

3. Use 1 teaspoon instantaneous coffee for each cup of cold water. Shake thoroughly, pour over crushed ice, and serve with cream and powdered sugar.

**With Ice Cream.** Serve in tall glasses, with 2 tablespoons vanilla ice cream in each glass.

## COCOA AND CHOCOLATE

The cacao tree grows in Mexico, South America, and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. After roasting, outer covering of bean is removed; this covering makes what is known as *cocoa shells*, which have little nutritive value. The beans are broken and sold as *cocoa nibs*.

The various preparations of cocoa on the market are made from the ground cocoa nibs, from which, by means of hydraulic pressure, a large amount of fat is expressed, leaving a solid cake. This is pulverized and mixed with sugar, and frequently a small amount of cornstarch or arrowroot. To some preparations, cinnamon or vanilla is added.

Chocolate is made from cocoa nibs, but contains a much larger proportion of fat than cocoa preparations. Bitter, sweet, or flavored chocolate is sold in cake or in powdered form.

## COCOA SHELLS

1 cup cocoa shells          6 cups boiling water  
Few grains salt

Simmer at least 2 hours; as water boils away it will be necessary to add more. Strain and serve with milk and sugar. *Makes 6 cups.*

**Cracked Cocoa.** Use  $\frac{1}{2}$  cup cocoa shells to 6 cups water.



## HOT COCOA

|                      |                            |
|----------------------|----------------------------|
| 1½ tablespoons cocoa | ½ cup boiling water        |
| 2 tablespoons sugar  | 4 cups milk or 2 cups milk |
| Few grains salt      | and 2 cups water           |

Scald milk. Mix cocoa, sugar, and salt, add ½ cup boiling water and boil 3 minutes. Add milk and heat slowly to just below boiling point. Beat 2 minutes with egg beater or wire whisk. *Serves 6.*

**Rich Cocoa.** Double the amount of sugar and cocoa. Flavor with a few drops of vanilla.

**Mexican Chocolate I.** Scald milk with 2 tablespoons ground coffee. Strain before adding to cocoa mixture. Flavor with ½ teaspoon vanilla.

**Mexican Chocolate II.** Combine 2 cups hot cocoa and 2 cups boiled or filtered coffee. Flavor with ½ teaspoon vanilla.

## HOT CHOCOLATE

|                             |                    |
|-----------------------------|--------------------|
| 2 ounces sweet chocolate or | 4 cups milk        |
| 1½ squares chocolate and    | Few grains salt    |
| ¼ cup sugar                 | 1 teaspoon vanilla |

Scald milk with salt and chocolate. When chocolate is melted, beat until smooth and foamy. Serve with whipped cream. *Serves 6.*

**Iced Chocolate.** Chill. Pour over crushed ice, stir well, and sweeten to taste. Serve with whipped cream, if desired.

## CHOCOLATE SIRUP

|                                 |                 |
|---------------------------------|-----------------|
| 6 squares unsweetened chocolate | 2 cups sugar    |
| 2 cups boiling water            | ⅛ teaspoon salt |
| 1 teaspoon vanilla              |                 |

Melt chocolate over hot water, add boiling water, sugar, and salt. Cook and stir 5 minutes or until smooth. Cool, add vanilla, store in covered jar in refrigerator. Use 2 or 3 tablespoons sirup to 1 cup of hot or cold milk. As sauce, add 1 teaspoon butter to ½ cup sirup and reheat.





**COFFEE EGGNOG**

|                                |                                        |
|--------------------------------|----------------------------------------|
| 1 egg yolk                     | $\frac{1}{2}$ cup strong coffee (cold) |
| $1\frac{1}{2}$ teaspoons sugar | $\frac{1}{2}$ cup milk <i>or</i> cream |
|                                | 1 egg white                            |

Beat egg yolk and sugar. Beat white, combine and add coffee and milk. *Serves 1.*

**VIRGINIA EGGNOG**

|              |                             |
|--------------|-----------------------------|
| 12 eggs      | 2 cups whisky               |
| 1 cup sugar  | 1 cup rum                   |
| 1 quart milk | 1 quart heavy cream, beaten |

Beat egg yolks with sugar until very light. Add milk, whisky, and rum. Fold in cream and egg whites, beaten until very stiff. Add more sugar or liquor to taste. Serve very cold with grated nutmeg on each cup. *Makes 5 quarts.*

**GARNISHED ICE CUBES**

Put in each compartment of refrigerator pan a maraschino cherry, a candied cherry, 1 or 2 mint leaves, a small flower, or  $\frac{1}{4}$  slice of lemon. Fill with water and freeze.

**DECORATED ICE BLOCK FOR PUNCH BOWL**

Fill large refrigerator pan with water. When nearly frozen, decorate with a wreath of candied fruit and mint leaves or flowers. Add enough water to hold decorations in place and freeze. Or arrange large bunch of grapes on ice block in punch bowl.

**SUGAR *or* SIMPLE SIRUP FOR BEVERAGES**

Boil 2 cups sugar with 2 cups water 5 minutes. Chill and store in jar to use to sweeten drinks.

**COFFEE PUNCH**

|                                    |                   |
|------------------------------------|-------------------|
| $1\frac{1}{2}$ pints ice cream     | 4 cups hot coffee |
| (vanilla <i>or</i> part chocolate) | Grated nutmeg     |

Pour coffee over ice cream and beat lightly with wire whisk until ice cream is partially melted in small pieces. Pour into punch glasses and sprinkle with nutmeg. *Serves 8.*

**LEMONADE**

$\frac{1}{4}$  cup sugar sirup       $\frac{1}{3}$  cup lemon juice  
Ice water

Add fruit juice to sirup, cool, dilute with ice water, and add more sirup to taste. Lemon sirup may be bottled to use as needed.

**Pineapple Lemonade.** Add  $\frac{1}{2}$  cup pineapple juice to sirup and lemon juice. Add ice water.

**ORANGEADE**

Sweeten orange juice with sugar sirup (p. 43). Dilute by pouring over crushed ice. A little lemon juice may be added.

**GRAPEFRUIT AND GINGER ALE**

1 quart ginger ale      1 pint grapefruit juice

Mix. Pour into glasses half full of finely crushed ice. *Serves 8.*

**GRAPE FIZZ**

1 quart ginger ale      1 quart grape juice

Combine. Pour over crushed ice. *Serves 10.*

**MULLED GRAPE JUICE**

1 egg      1 teaspoon sugar  
Dash of cinnamon or clove      1 cup grape juice

Separate the egg, beat the yolk slightly, combine with sugar, spice, and grape juice. Cook over hot water until slightly thickened. Fold in the stiffly beaten egg white, remove from stove, and keep over hot water 2 minutes. Serve immediately or put in icebox and reheat when ready to serve. Do not overcook. *Serves 1.*

**WHITE GRAPE JUICE PUNCH**

1 quart charged water      1 quart white grape juice

Pack in salt and ice and let stand until thoroughly chilled. Just before serving mix and pour into a chilled pitcher. *Serves 10.*

**MULLED CIDER**

|                                  |                  |
|----------------------------------|------------------|
| 1 quart cider                    | 2 whole allspice |
| $\frac{3}{8}$ cup brown sugar    | 2 whole cloves   |
| 1 stick cinnamon (3 inches long) |                  |

Boil cider and spices 5 minutes, remove spice bag and add sugar, boil 5 more minutes. Serve hot. This may be prepared and kept hot over hot water until time for serving. *Serves 6.*

**FRUIT PUNCH**

|                    |                               |
|--------------------|-------------------------------|
| 1 quart cold water | $\frac{1}{2}$ cup lemon juice |
| 2 cups sugar       | 1 cup pineapple juice         |
| 1 cup orange juice |                               |

Boil sugar and water 10 minutes. Add fruit juices. Chill. Dilute with ice water. *Serves 12 or more.*

**FRUIT PUNCH FOR FIFTY**

|                                  |                           |
|----------------------------------|---------------------------|
| 1 cup water                      | 1 cup lemon juice         |
| 2 cups sugar                     | 2 cups orange juice       |
| 1 cup tea infusion               | 2 cups pineapple juice    |
| 1 quart charged water            | 1 cup maraschino cherries |
| 2 cups fruit sirup               | Ice water                 |
| (strawberry or loganberry, etc.) |                           |

Boil sugar and water 5 minutes, add tea, fruit sirup, and juices. Let stand 30 minutes and add ice water to make  $1\frac{1}{2}$  gallons of liquid. Add cherries and charged water. Serve in punch bowl, with large piece of ice. *Serves 50.*

**TEA PUNCH I**

|                                |                               |
|--------------------------------|-------------------------------|
| 1 cup sugar                    | $\frac{1}{3}$ cup lemon juice |
| 1 cup hot tea infusion         | 1 pint ginger ale             |
| $\frac{3}{4}$ cup orange juice | 1 pint charged water          |
| Few slices orange              |                               |

Pour tea over sugar and as soon as sugar is dissolved add fruit juices. Strain into punch bowl over a large piece of ice. Just before serving, add ginger ale, charged water, and slices of orange. For tea infusion, use 2 teaspoons tea and 1 cup boiling water. *Serves 12.*

**TEA PUNCH II**

|                       |                       |
|-----------------------|-----------------------|
| 3 cups orange juice   | 1½ cups tea infusion  |
| 1 cup lemon juice     | 1¼ cups sugar         |
| 1 cup pineapple juice | 1 cup hot water       |
| 1 cup raspberry sirup | 1 quart charged water |

Mix fruit juices with pineapple, raspberry sirup, and tea. Boil sugar and water 5 minutes. Combine. Chill thoroughly. Just before serving add charged water. Serve over block of ice. *Serves 20.*

**CARDINAL PUNCH**

|                     |                                     |
|---------------------|-------------------------------------|
| 1 quart cranberries | 1 cup orange juice                  |
| 6 cups water        | 1½ tablespoons lemon juice          |
| 2 cups sugar        | 1 quart ginger ale or charged water |

Cook cranberries in 4 cups water until soft. Crush and drain through cheesecloth. Boil sugar and 2 cups water 5 minutes, add to cranberry juice, and chill. Add fruit juices. Just before serving add ginger ale or charged water. *Serves 20.*

**GINGER PUNCH**

|                       |                    |
|-----------------------|--------------------|
| ½ pound Canton ginger | 1 cup sugar        |
| 1 quart cold water    | ½ cup orange juice |
|                       | ½ cup lemon juice  |

Chop ginger, add to water and sugar, boil 15 minutes; add fruit juice, cool, strain, and dilute with crushed ice. *Serves 10.*

**MOETTE PUNCH**

|                                |                      |
|--------------------------------|----------------------|
| 1 cup pineapple sirup or juice | 1 pint charged water |
| 1¼ cups white grape juice      | Sugar                |
| 1 quart Raspberry Ice (p. 560) |                      |

Add charged water to fruit juices. Sweeten to taste. Pour into punch bowl. Add Raspberry Ice molded with small ice-cream scoop. *Serves 8.*

**CIDER PUNCH**

|                              |                              |
|------------------------------|------------------------------|
| 1 quart new or bottled cider | Sugar or sugar sirup (p. 43) |
| ¾ cup lemon juice            | 1 quart charged water        |
|                              | Ice                          |

Mix cider and lemon juice. Sweeten to taste. Strain into punch bowl over a large piece of ice. Just before serving add charged water. *Serves 20.*



**FRUIT PUNCH WITH WHIPPED CREAM**

|                                          |                          |
|------------------------------------------|--------------------------|
| 1 pint grape juice                       | Grated rind of 1 orange  |
| 3 tablespoons lemon juice                | 4 sprigs fresh mint      |
| $\frac{1}{3}$ cup orange juice           | Few grains salt          |
| 1 cup fresh pineapple pulp<br>with juice | Few gratings nutmeg      |
| $\frac{3}{4}$ cup loaf sugar             | Crushed ice              |
| Grated rind of 1 lemon                   | 1 pint bottle soda water |
|                                          | Whipped cream            |

Mix fruit juices. Add sugar, which has been rubbed over lemon and orange. Add mint, salt, and nutmeg. Cover and let stand in refrigerator 1 hour to ripen. Pour over crushed ice, add soda water, and serve in tall glasses with whipped cream on top. Garnish with mint leaves. *Serves 10.*

**RHUBARB PUNCH**

|                                |                             |
|--------------------------------|-----------------------------|
| $1\frac{1}{2}$ pounds rhubarb  | 4 tablespoons lemon juice   |
| 1 quart water                  | Few grains salt             |
| $1\frac{1}{2}$ cups sugar      | Crushed ice                 |
| $\frac{1}{3}$ cup orange juice | Charged water or ginger ale |

Cut rhubarb in small pieces; there should be 1 quart. Add water and cook until fruit is soft. Squeeze through double thickness of cheesecloth, add sugar, stir until sugar is dissolved, bring to boiling point, add fruit juices and salt. Bottle, or chill and serve with crushed ice and an equal amount of charged water or ginger ale. *Serves 12.*

**ORIENTAL PUNCH**

|                                    |                               |
|------------------------------------|-------------------------------|
| 2 cups sugar                       | $\frac{1}{2}$ cup lemon juice |
| 2 cups water                       | 2 cups orange juice           |
| 12 cloves                          | 2 drops oil of peppermint     |
| 2-inch stick cinnamon              | Green coloring                |
| 1 tablespoon chopped Canton ginger | Mint leaves                   |

Boil sugar and water 5 minutes. Add cloves, cinnamon, and ginger; cover and let stand until cold. Add fruit juices, strain, color green, and add peppermint. Let stand 1 hour and pour into punch bowl over a cake of ice. Garnish with fresh mint leaves. *Serves 10.*

**GERMAN PUNCH**

|                   |                                    |
|-------------------|------------------------------------|
| 1 cup grape juice | $\frac{1}{2}$ cup grapefruit juice |
| 1 cup cider       | 1 quart charged water              |
| Sugar, to taste   |                                    |

Mix and pour into a punch bowl over large cake of ice. *Serves 10.*

**MINT TULIP**

|                           |                    |
|---------------------------|--------------------|
| 1 bunch fresh mint        | 1 cup lemon juice  |
| $1\frac{1}{2}$ cups sugar | 3 pints ginger ale |
| $\frac{1}{2}$ cup water   | Ice                |

Add mint leaves, sugar, and water to lemon juice. Let stand 30 minutes. Pour over a large piece of ice and add ginger ale. *Serves 10.*

**MINT JULEP**

In each tall glass put a sprig of fresh mint, 1 lump of loaf sugar, and 1 teaspoon whisky. Crush with spoon. Set glasses on tray in refrigerator and chill. Fill to the brim with finely shaved ice. Pour in whisky according to taste. Stir gently with long-handled spoon until glasses are frosted, being careful not to touch outside of glass with hands. Garnish with generous bouquets of mint.

**CHAMPAGNE PUNCH**

|                      |                              |
|----------------------|------------------------------|
| 1 cup water          | 2 tablespoons orange curaçao |
| 2 cups sugar         | Juice 2 lemons               |
| 1 quart champagne    | 2 cups tea infusion          |
| 4 tablespoons brandy | Ice                          |
| 2 tablespoons rum    | 1 quart soda water           |

Boil sugar and water together 10 minutes. Mix champagne, brandy, rum, curaçao, lemon juice, and tea. Sweeten to taste with sirup. Pour into punch bowl over large piece of ice. Just before serving, add soda water. *Serves 20.*

**CLARET PUNCH**

|                             |                                  |
|-----------------------------|----------------------------------|
| 1 quart cold water          | Few shavings lemon rind          |
| $\frac{1}{2}$ cup raisins   | $1\frac{1}{3}$ cups orange juice |
| 2 cups sugar                | $\frac{1}{8}$ cup lemon juice    |
| 2-inch piece stick cinnamon | 1 pint claret                    |

Put raisins in water, bring slowly to boiling point, and boil 20 minutes. Strain, add sugar, cinnamon, and lemon rind. Boil 5 min-

utes. Add fruit juice, cool, strain, pour in claret, and dilute with ice water. *Serves 20.*

### CLARET CUP I

|                        |                       |
|------------------------|-----------------------|
| 1 quart water          | 1 cup orange juice    |
| 2 cups sugar           | Juice 8 lemons        |
| 1 pint claret          | 1½ cups boiling water |
| 1 cup strawberry juice | 12 sprigs fresh mint  |

Boil quart water and sugar 20 minutes. Separate mint, add to boiling water, cover, and let stand in warm place 5 minutes, strain, and add to sirup. Add fruit juices and cool. Pour into punch bowl, add claret, and chill with large piece of ice. Dilute with water. Garnish with fresh mint leaves and whole strawberries. *Serves 24.*

### CLARET CUP II

|                       |                          |
|-----------------------|--------------------------|
| 1 quart claret        | ¼ cup diced pineapple    |
| 1 quart charged water | ¼ cup fresh strawberries |
| ½ orange, sliced      | Mint leaves              |
| ½ lemon, sliced       | Sugar, to taste          |

Mix and pour over ice. Chill thoroughly. Add charged water and serve. *Serves 12.*

### SAUTERNE CUP

|                              |                    |
|------------------------------|--------------------|
| 2 tablespoons orange cura ao | 2 cups sauterne    |
| Rind ½ orange                | 1 quart soda water |
| Rind ½ lemon                 | Mint leaves        |
| ¼ cup sugar (scant)          | Few slices orange  |
| 12 strawberries              |                    |

Add cura ao to rind of fruit and sugar, cover and let stand 2 hours. Add sauterne, strain, and chill on ice. Just before serving, add chilled soda water, mint leaves, slices of oranges, and strawberries. *Serves 12.*

### WHISKY CUP

|                 |                    |
|-----------------|--------------------|
| 2 quarts whisky | Juice 3 lemons     |
| 2 quarts soda   | 2 oranges, sliced  |
| ¾ pound sugar   | ¼ bottle grenadine |

Pour over large block of ice in punch bowl, adding grenadine last, when other ingredients are well blended. *Serves 25.*

**CLUB PUNCH**

|                               |                                     |
|-------------------------------|-------------------------------------|
| 1 cup water                   | 1 quart Vichy                       |
| 2 cups sugar                  | 3 sliced oranges                    |
| 1 quart Burgundy              | $\frac{1}{2}$ cup crushed pineapple |
| 1 cup rum                     | Juice 2 lemons                      |
| $\frac{1}{3}$ cup brandy      | 1 cup tea infusion                  |
| $\frac{1}{3}$ cup Benedictine | Ice                                 |

Boil sugar and water 10 minutes. Mix other ingredients (except ice), sweeten to taste with sirup, and pour over block of ice in punch bowl. *Serves 24.*

## CHAPTER 4

### *Fruits*

#### APPLES

**Eating:** Astrachan, Baldwin, Cortland, Gravenstein, McIntosh, Jonathan, Spitzenburg, Spy, Wealthy, Winter Banana.

**Baking:**

*Late Summer:* Duchess, Sweet Bough.

*Fall:* Pound Sweet, Holland Pippin, Fall Pippin, Sweet Autumn Swar, Gravenstein.

*Winter:* Opalescent, Cortland, Guinea Golden, Rome Beauty, Spy, Spitzenburg, Jonathan, Greening, King.

**Salad:** Cortland, Delicious.

**Applesauce:** Baldwin, Gravenstein, McIntosh, Greening, Spitzenburg, Wealthy, Winesap, Twenty-Ounce, Jonathan.

**Pies:** Northern Spy, Jonathan, Fall Pippin, Maiden Blush, Gravenstein, Duchess.

**Jelly:** Twenty-Ounce, Red Astrachan, Tolman Sweet, Rome, Fameuse.

#### APPLE SAVORIES

Slice bright red apples but do not pare. Spread with cream cheese or Camembert and serve after the dessert course at dinner.

#### BAKED APPLES

Select firm, medium-sized sour apples. Wipe and core. Put in a baking dish and fill cavities with sugar and spice. Allow  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  teaspoon cinnamon or nutmeg to 8 apples. If nutmeg is used, a few drops lemon juice and few gratings from rind of lemon to each apple are an improvement. Cover bottom of dish with boiling water, and bake in hot oven (400° F.) until soft, basting often with sirup in dish. Serve hot or cold with cream. Many prefer to pare apples before baking. When this is done, core before paring,



that fruit may keep in shape. In the fall, when apples are at their best, do not add spices to apples, as their flavor cannot be improved; but towards spring they become somewhat tasteless, and spice is an improvement.

**Baked Sweet Apples.** Use no spice. Cover and bake 3 hours in slow oven (300° F.), adding more water if necessary.

**Belmont Baked Apples.** Wipe selected red apples and make 2 circular cuts through skin, leaving a  $\frac{3}{4}$ -inch band around apple midway between stem and blossom ends.

### GLAZED BAKED APPLES

|                                 |                                          |
|---------------------------------|------------------------------------------|
| 4 apples                        | $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar |
| $\frac{1}{2}$ cup boiling water | Cream, plain <i>or</i> whipped           |

Wipe apples, remove cores and skin from top of each,  $\frac{1}{3}$  of the way down. Put close together in saucepan, peeled side up. Add water, cover closely, and cook slowly, testing occasionally until they are easily pierced with a skewer or toothpick forced into the center. Put in baking dish peeled side up. Sprinkle with sugar and put in broiling oven or very hot oven (425° F.) and baste frequently with water in which they were cooked until sugar is dissolved and tops are crisp and delicately brown. Chill. Serve with cream. *Serves 4.*

### CINNAMON APPLES

|             |                              |
|-------------|------------------------------|
| 6 apples    | 6 cloves                     |
| 1 cup sugar | 2 tablespoons cinnamon drops |
|             | $1\frac{1}{2}$ cups water    |

Core and pare apples. Stick with cloves. Cook sugar, water, and cinnamon drops 5 minutes. Add apples and cook very slowly until tender, basting often with sirup in pan. Serve with meat, or very cold as a dessert, or on a salad green. *Serves 6.*

### APPLESAUCE

Wash, quarter, and core 8 apples. Add 1 cup water and  $\frac{1}{4}$  teaspoon salt. Cook slowly until soft. Put through coarse strainer. Add sugar to taste and spice if apples are tasteless. A few cloves may be cooked with apples. If preferred, peel apples before cooking and beat sauce with fork or strain after cooking. *Serves 6 to 8.*

**STEWED APPLES**

|               |                         |
|---------------|-------------------------|
| 8 sour apples | 1 cup water             |
| 1 cup sugar   | Few shavings lemon rind |

Cook sugar, water, and lemon rind 7 minutes. Remove lemon. Wipe, quarter, core, and pare apples, or cut in balls with French vegetable cutter. Cook in sirup, a few at a time, until soft. Watch carefully. Strain remaining sirup over apples. Serves 6 to 8.

**Apple Porcupine.** Pare and core apples and cook, whole, in sirup, preparing more if needed to cover. Skim occasionally. Drain, cool, fill with jelly, marmalade, or preserved fruit, and stick with almonds. Serve with whipped cream.

**APPLE FRITTERS**

|                            |                         |
|----------------------------|-------------------------|
| 2 medium-sized sour apples | Fritter Batter (p. 552) |
| Powdered sugar             |                         |

Pare, core, and cut apples in slices like doughnuts or cut in eighths. Stir into batter. Fry (p. 552). If desired, serve with Lemon Sauce (p. 590), Fruit Juice Sauce (p. 588), or Sabayon Sauce (p. 593). *Serves 4 to 6.*

**STEWED DRIED APRICOTS**

Wash thoroughly in hot water. Drain, soak 2 hours in hot water to cover, and cook slowly in same water until soft. Add sugar to taste.

**With Limes.** Slice 1 lime (for 1 pound apricots) and cook with apricots.

**AVOCADOS or ALLIGATOR PEARS**

Choose fruit that is just beginning to soften. Shake; stone will rattle slightly if fruit is ripe. Flesh should be evenly green. Cut in half, remove seed or stone, but do not pare. Sprinkle with lemon juice and a few grains of salt. Fill center with French Dressing or put in each 1 tablespoon rum and a sprinkling of powdered sugar. Serve with spoon,  $\frac{1}{2}$  to each person. Consult index for recipes using avocados.

**BANANAS**

Select fruit with no green. Do not store in refrigerator. Ripe fruit has a dark, evenly mottled skin. Serve (1) whole, (2) sliced, with cream and sugar, or (3) cut in halves, lengthwise, and sprinkled with lemon juice and sugar.

**BAKED BANANAS**

1. Arrange in baking dish, unpeeled, and bake 30 minutes in moderate oven (350° F.). Pull back one section of skin and serve sprinkled with powdered sugar.

2. Peel, leave whole or cut in halves or quarters. Arrange in baking dish, brush with melted butter, and bake until soft. For variety, sprinkle with sugar, a bit of grated lemon peel, dot with bits of butter, and pour over a little orange juice and a smaller amount of lemon juice and sherry or rum.

**Bananas Berkeley.** Chill thoroughly (peeled). Pour over Melba Sauce (p. 592) and garnish with whipped cream.

**BANANAS BAKED IN RAISIN SAUCE**

|                           |                                |
|---------------------------|--------------------------------|
| 4 bananas                 | $\frac{3}{4}$ cup hot water    |
| 1 tablespoon butter       | 1 tablespoon cornstarch in     |
| 4 tablespoons strained    | $\frac{1}{4}$ cup cold water   |
| honey                     | $\frac{1}{8}$ teaspoon salt    |
| 3 tablespoons lemon juice | 3 tablespoons seedless raisins |

Simmer raisins in hot water 10 minutes. Melt butter in baking pan, slice bananas lengthwise, and arrange in pan. Cook other ingredients together 10 minutes and pour over bananas. Bake 30 minutes in moderate oven (350° F.). If desired, sprinkle with shredded coconut when ready to serve. *Serves 4.*

**SAUTÉED BANANAS**

Remove skins from bananas, cut in halves lengthwise, and again cut in halves crosswise. Dredge with flour and sauté in clarified butter until delicately brown. Drain and sprinkle with powdered sugar.

**Au Rhum.** Sprinkle 6 sautéed bananas with sugar and add  $\frac{1}{2}$  cup warm rum. Light with match and baste with flaming sirup. Serve as dessert. *Serves 6.*

**BANANA FRITTERS I**

4 bananas                       $\frac{1}{2}$  tablespoon lemon juice  
Powdered sugar               $\frac{1}{2}$  rule fritter batter (p. 552)

Skin and scrape bananas. Cut in halves lengthwise and cut halves in 2 pieces crosswise. Sprinkle with powdered sugar and lemon juice; cover and let stand 30 minutes. Drain, dip fritters in batter, and fry (p. 552). *Serves 6 to 8.*

**BANANA FRITTERS II**

3 bananas                      1 tablespoon lemon juice  
                                         fritter batter (p. 552)

Force banana pulp through a sieve. Add lemon juice and add to batter. Fry (p. 552). *Serves 6.*

**BLUEBERRIES AND HUCKLEBERRIES**

Blueberries are smaller than huckleberries, have smaller seeds and a slightly frosted appearance. Cultivated berries are much larger than wild ones. Pick over, wash carefully, and serve with cream or milk and sugar.

**STEWED BLUEBERRIES**

Wash and pick over berries. Cook until soft with enough water to prevent burning. Add sugar to taste.

**CANTALOUPEs, MUSKMELONS, ETC.**

Choose thoroughly ripe fruit. Learn to judge melons by their fragrance. Chill thoroughly before preparing for serving. Wipe melons. If small, cut in halves crosswise; if large, cut in sections. Remove seeds and stringy portion. Serve with salt or powdered sugar. Garnish with mint leaves, if desired. Never put ice in melon, as it destroys the flavor.

**CANTALOUPE SUPRÊME**

Wipe cantaloupes, cut in halves, remove seeds and stringy portion, and shape into balls with French ball cutter. Arrange in double coupe or grapefruit glasses (having crushed ice in outer glass), sprinkle with sugar, and pour over each  $\frac{1}{4}$  teaspoon maraschino.

**CANTALOUPE RING**

Cut cantaloupe or muskmelon in 1-inch slices. Peel carefully, remove all seeds. Arrange 1 ring on each plate. Fill with any fruit-cup mixture or with melon balls or Vanilla Ice Cream.

**CHERRIES**

Wash and shake dry in colander. Leave on stems.

**STEWED CHERRIES**

Wash sour cherries, remove stems, and cook with small amount of boiling water until nearly tender. Add sugar to taste and cook 3 minutes longer.

**BLACK CHERRIES, FLAMBÉ**

Drain canned black cherries, reserving juice. Mix 1 tablespoon sugar and 1 tablespoon cornstarch and add juice a little at a time. Cook gently 3 minutes, stirring constantly. Add cherries. Pour over  $\frac{1}{4}$  to  $\frac{1}{2}$  cup brandy and light. Ladle sauce over cherries and serve flaming. This dish may be prepared in chafing dish at table. If desired, serve over Vanilla Ice Cream. *Serves 6.*

**CURRENTS**

Wash and remove stems. Sprinkle thickly with granulated or powdered sugar. Mix with raspberries, if desired.

**FIGS**

Serve fresh figs whole or sliced with cream and sugar. Serve canned stewed figs, thoroughly chilled, with cream.

**FIG CUPS**

|                                 |                        |
|---------------------------------|------------------------|
| $\frac{1}{2}$ pound washed figs | 2 tablespoons sugar    |
| Chopped salted almonds          | 1 teaspoon lemon juice |
| $\frac{1}{2}$ cup water or wine |                        |

Stuff figs with almonds. Put sugar, lemon juice, and water or wine in saucepan. When heated, add figs, cover, and cook until figs are tender, turning and basting often.



**GRAPES**

Put bunches in colander and pour cold water over them. Drain, chill, and arrange on serving dish. Imperfect grapes, as well as those underripe or overripe, should be removed. Garnish with grape leaves, if at hand.

Malaga (greenish) and Tokay (red) grapes are available throughout the winter and are used chiefly in salad or fruit cups. Peel, cut in half, and remove seeds.



*Grapefruit Baskets Look Very Festive*

**GRAPEFRUIT BASKETS**

Cut grapefruit in half. Insert 2 toothpicks opposite each other on each half. From  $\frac{1}{2}$  inch on each side of toothpick, cut through the skin around the grapefruit  $\frac{1}{4}$  inch from the top of each half, leaving skin whole where toothpicks are inserted. Loosen pulp and remove and discard seeds, membrane, and toothpicks. Bring the 2 strips of skin together above the grapefruit and tie together with narrow ribbon for the handle. Insert in the knot a sprig of flowers or mint.

## GRAPEFRUIT

Select firm, thin-skinned fruit, heavy for its size. Wipe and cut in halves crosswise. With a small, sharp-pointed knife (special curved ones are made for the purpose), cut pulp away from membrane in each section. Cut out membrane at core with scissors or cut membrane between sections to remove it entirely. A grapefruit corer may be used. Sweeten or not, as desired. Let stand 10 minutes and serve very cold. If desired, add (for each portion) 1 tablespoon sherry or  $\frac{1}{2}$  tablespoon apricot brandy or sloe gin.

Canned grapefruit may be used in salads and fruit cocktails.

**Baked or Broiled.** Put 1 tablespoon brown sugar and, if desired, 1 tablespoon French Dressing, 1 tablespoon sherry, or 1 teaspoon brandy in each half. Bake in hot oven (450° F.) or in broiler until sugar melts and surface is slightly browned. Serve as first course or dessert.

## GRAPEFRUIT À LA RusSE

|                         |                                   |
|-------------------------|-----------------------------------|
| 3 grapefruit            | 2 tablespoons powdered sugar      |
| $\frac{2}{3}$ cup sugar | Few grains salt                   |
| 1 cup heavy cream       | $\frac{1}{2}$ teaspoon maraschino |

Wipe grapefruit, cut in halves, crosswise, and remove seeds and tough portions. Sprinkle with granulated sugar and chill in refrigerator. Beat cream until stiff and add powdered sugar, salt, and maraschino. Make a border of the cream (using pastry bag and tube) on top of each half in the form of a square. Garnish at each corner with a glacé or maraschino cherry. Serve in double cocktail glasses, having the larger ones filled with crushed ice. *Serves 6.*

## GRAPEFRUIT COUPE

Remove pulp from grapefruit in sections (see above), cut each section in thirds, sprinkle with sugar, and chill. Arrange 6 fresh mint leaves at equal distances around inside of each coupe glass, having ends of leaves reach top of glass. Fill with prepared pulp and garnish center of each with a small sprig of mint.

**Rector Grapefruit Coupe.** Instead of sprinkling with sugar, pour over the following mixture (*for 4*):  $\frac{1}{2}$  cup powdered sugar, 2 teaspoons orange curaçao, 1 teaspoon lemon juice, 1 teaspoon Kirsch, and  $\frac{1}{8}$  teaspoon salt.

## HONEYDEW MELON

Cut in narrow sections. Garnish with mint leaves and serve with lemon or lime wedges. If desired, scoop out balls with vegetable cutter and replace in shell. As a variation, mix powdered sugar with a little ginger and pass in sugar shaker.

## ORANGES

Wash. Serve whole or halves, or sections with powdered sugar.

**To Remove Pulp from Oranges.** Chill orange. Hold on cutting board with left hand and pare down with rather long, very sharp



*Remove Orange Sections This Way to Eliminate Tough Membrane*

knife, removing as much of white part as possible. Remove pulp by sections, cutting away from tough portion, first on one side of section, then on the other. Cut off any white part of skin remaining on pulp.

**Orange or Lemon Baskets.** Cut 2 pieces from each lemon or orange, leaving what remains in shape of basket with handle. Remove pulp from baskets and pieces, and keep baskets in ice water until ready to fill.

**ORANGE JUICE**

Select thin-skinned oranges, heavy for their size. Cut in half and squeeze out juice. Strain or not. Serve very cold. Decorate, if desired, with sprig of fresh mint.

**AMBROSIA**

3 oranges       $\frac{1}{4}$  cup shredded coconut      3 bananas

Remove sections from oranges and cut in thirds. Slice bananas. Combine fruits, chill, and serve topped with coconut. *Serves 6.*

**ORANGE MINT CUP**

4 large oranges      2 tablespoons finely chopped mint  
2 tablespoons powdered sugar      1 tablespoon lemon juice  
1 tablespoon sherry

Cut oranges in halves, remove pulp with spoon, add other ingredients, and chill. Pour off some of the juice, if oranges were very juicy. Serve in glasses, garnished with fresh mint. *Serves 4 to 6.*

**GUATEMALA ORANGE CUP**

4 oranges      1 tablespoon finely chopped chives  
2 tablespoons finely chopped parsley      1 tablespoon minced pimiento  
Salt, sugar

Prepare like Orange Mint Cup, adding few grains salt and sugar to taste. Do not make oversweet. *Serves 4.*

**BAKED ORANGES**

3 seedless oranges       $\frac{3}{4}$  cup sugar  
Brandy, if baked

Wash oranges, cover with boiling water, and cook until skin is tender when pricked. Drain, cut in halves, remove cores, and arrange in baking dish. Fill center with sugar and sprinkle sugar over top. Add 1 tablespoon brandy to each and dot with butter. Heat in broiler until sugar melts and browns delicately. Serve warm with sauce: Stir 2 teaspoons cornstarch into  $\frac{1}{2}$  cup water and  $\frac{1}{2}$  cup orange juice; cook and stir 3 minutes and add  $\frac{1}{4}$  cup brandy. Omit sauce if served as garnish with turkey, etc. *Serves 6.*



**ORANGE FRITTERS**

Peel 2 oranges and separate into sections. Remove seeds from each section, making smallest possible opening. Dip sections in batter, and fry (p. 552).

**PAPAYA**

Select when soft enough to dent with slight pressure of thumb. Cut in quarters, remove most of seeds (the seeds are edible), and serve with lemon or lime sections or with salt or sugar, or in fruit cup with lime or lemon juice or combined with pineapple or orange sections.

**PEACHES**

Select firm, ripe peaches, free of bruises. Wash and dry. Serve whole, or peel, remove stones and slice, sprinkling each layer with powdered sugar to avoid darkening. Serve with or without cream.

**BAKED PEACHES**

Peel, cut in halves, and remove stones from peaches. Place in a shallow baking pan. Fill each cavity with chopped nuts, fruits, macaroon crumbs or 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon butter, few drops lemon juice, and a slight grating of nutmeg. Bake 20 minutes in moderate oven (350° F.). If desired, baste with sherry. Serve hot with Hard Sauce or chilled with whipped cream.

**BAKED PEACHES, FLAMBÉ**

Arrange canned peach halves in shallow baking dish, cut side up. Pour over a little of the sirup and sprinkle generously with maple sirup. Bake  $\frac{1}{2}$  hour. Just before serving, pour over heated brandy or brandy and Kirsch and set alight with match. Serve with Foamy Sauce III (p. 596) or Floradora Sauce (p. 595), reducing sugar to  $\frac{1}{4}$  cup.

**JAPANESE PERSIMMONS**

Cut in half. Chill thoroughly. Make several cuts from top to bottom without removing stem. When ripe, persimmons become soft and sweet. Peel back skin in petals, scraping with a knife to keep skin intact. Serve on fruit plate and eat with a spoon. Use bits of persimmon as garnish on fruit salads.



**STEWED or BAKED PEARS**

6 pears (not too ripe)       $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup sugar

Wipe and peel. Leave whole or quarter and core. Cook sugar and water 5 minutes. Add pears and cook slowly, covered, on top of stove or in casserole dish or bean pot in slow oven (300° F.) until tender but still firm. Hard winter pears require 1 hour or more. Baked Seckel pears, whole, are delicious. Serve hot or cold with cream.

**With Cointreau.** Cook whole pears. Pour off sirup, cook until consistency of honey, add 1 tablespoon Cointreau or vanilla, and pour over pears. Chill and serve with heavy cream.



*Pineapple and Avocado as First Course or Last*

**PINEAPPLE AND AVOCADO**

Select small ripe pineapple. Wash. Cut in quarters, lengthwise, without paring or removing top leaves. Remove core. Cut fruit of each quarter free of outside in 1 piece, using sharp knife. Slice fruit crosswise and insert slice of avocado between each two slices of

pineapple. Pour over French Dressing. Garnish with a few perfect strawberries if desired. Serve as a first course or as a combination salad and dessert.

### PINEAPPLE

Cut off sharp ends of leaves. Pare with long sharp knife, holding firm with large fork. Cut out eyes with pointed knife. Slice lengthwise (cutting out core) or shred with a fork, holding fruit firmly with another fork. If desired, sprinkle with sugar or Kirsch.

### STEWED PLUMS

Stew in water to cover until soft. Sweeten to taste. Serve with some of the juice.

### POMEGRANATES

Cut in halves and serve with spoon. The seeds are edible.

### STEWED PRUNES

$\frac{1}{2}$  pound prunes          2 cups hot water

Wash prunes thoroughly in hot water. Cover with 2 cups hot water and soak 2 hours or with cold water and soak overnight. Cook slowly until soft in same water. Add 1 or 2 slices of lemon or few drops of lemon juice, if liked. Juice and skin of  $\frac{1}{4}$  orange may be cooked with prunes.

### BAKED QUINCES

8 quinces, wiped, quartered,           $\frac{3}{4}$  cup sugar  
cored, and pared                       $1\frac{1}{2}$  cups water

Place quinces in baking dish, sprinkle with sugar, add water, cover, and cook about 2 hours or until tender and deep red in slow oven (300° F.). Serve cold. *Serves 6 to 8.*

**With Orange.** Use 6 quinces and 1 orange, sliced thin.

### RASPBERRIES

Pick over, place in colander a few at a time, pour over cold water, and drain thoroughly. Serve with powdered sugar and cream. Raspberries are very delicate and should be served as soon after picking as possible.

### RHUBARB SAUCE

Select firm young rhubarb with fresh-looking leaves. Cut off leaves and stem end. Wash. Peel or not as desired. If rhubarb is young and skin is tender, it is desirable to leave skin since it improves the color. Cut in 1-inch pieces. Cover with boiling water, let stand 5 minutes, and drain. Sprinkle with sugar, add just enough water to prevent burning, and cook until soft.

**Baked or in Double Boiler.** For 2 pounds rhubarb, add 1 cup sugar and cook until tender in double boiler or covered casserole in slow oven (300° F.). If baked slowly for a long time, it has a rich red color. Add sugar if needed.

### STRAWBERRIES

Pick over, place in colander, pour cold water gently over them, drain thoroughly, and hull. Serve with powdered sugar and cream. If berries are not very sweet, sprinkle with sugar and let stand before serving.

*As a special dessert,* cut in halves, sprinkle with sugar, and just before serving fold in  $\frac{1}{2}$  pint heavy cream, whipped, to each quart of berries. If desired, flavor cream with brandy, curaçao, Cointreau or sherry.

**With Claret.** Pour over  $\frac{1}{4}$  cup claret (for 1 quart berries) and sugar to taste.

### STRAWBERRIES AND BANANAS WITH SOUR CREAM

Cut strawberries in halves, sprinkle with sugar, and let stand 30 minutes or more. Cut bananas in pieces of about the same size. Combine equal amounts of strawberries and banana and serve with sour cream.

### STRAWBERRY COCKTAIL

|                  |                |
|------------------|----------------|
| Strawberries     | Powdered sugar |
| Pineapple, cubed | Lemon juice    |

Wash berries and cut in halves, reserving a few of the finest to use as a garnish. Mix with pineapple, sprinkle with sugar and lemon juice. Chill and serve in cocktail glasses.

**LENOX STRAWBERRIES**

Wash, pick over, and hull strawberries. For 4 portions, mix  $\frac{1}{2}$  cup orange juice,  $\frac{1}{2}$  cup sugar, and 1 teaspoon orange curaao. Pour this sauce over berries, chill, arrange in glasses, and garnish around edge with whipped cream (sweetened and flavored delicately with vanilla) forced through pastry bag and tube.

**STRAWBERRIES, FLAMBÉ**

|                           |                      |
|---------------------------|----------------------|
| 2 oranges, juice and peel | 8 lumps sugar        |
| 1 lemon peel              | 1 quart strawberries |
| $\frac{1}{2}$ cup brandy  |                      |

Cut peel from lemon and oranges. Add to sugar and juice and cook slowly (in chafing dish, if convenient) 5 minutes, pressing peel with spoon. Remove peel, add berries, carefully washed and dried and turn until coated with sirup. Pour over  $\frac{1}{2}$  cup brandy, light and serve over Vanilla Ice Cream. *Serves 8.*

**WATERMELON**

Serve in wedges or slices, or cut in cubes or balls. Chill thoroughly and serve with salt or powdered sugar.

**WATERMELON CUBES**

Cut center of a thoroughly chilled watermelon into  $\frac{3}{4}$ -inch cubes and remove seeds. Sprinkle with lemon juice and sugar, put in jar, and let stand in refrigerator several hours. Serve in cocktail glasses or on green leaves.

**With Sherry Dressing.** In place of lemon juice and sugar, mix  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup sherry, 2 tablespoons sloe gin (if desired), and a few grains of salt; let stand until sugar is dissolved. *Serves 6.*

**FRUIT COMPOTE WITH WINE DRESSING**

Arrange in a large bowl alternate layers of sliced pineapple, sliced bananas, orange sections, and skinned and seeded white grapes. Pour over dressing and chill 1 hour.

**Wine Dressing.** Mix  $\frac{1}{2}$  cup sugar,  $\frac{1}{3}$  cup sherry, and 2 tablespoons Madeira. *For 6.*



### FRESH FRUIT CUP

Chill all fruits thoroughly. Combine as liked. Sprinkle banana with lemon juice to prevent discoloring. Allow  $\frac{1}{2}$  cup fruit for each serving. Garnish with sprigs of mint, cocktail grapes, maraschino cherries, or a small scoop of orange or lemon ice. Good combinations are:

1. Grapefruit and orange sections, pear, cherries or grapes
2. Pineapple, cubed, strawberries
3. Peaches, pears, raspberries
4. Watermelon, cantaloupe, honeydew (cut in balls with a vegetable cutter)

**Bouquet Cocktail.** Cut through center of lace-paper doily and paste around cocktail glass to represent frill on an old-fashioned bouquet. Fill with any desired fruit cocktail, having it even on top. Garnish with mint leaves, tinted skinless grapes, etc.

### GINGER FRUIT COCKTAIL

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| 4 tablespoons pineapple cubes     | $\frac{1}{3}$ cup fresh strawberries, |
| $\frac{1}{3}$ cup orange sections | cut in strips                         |
| $\frac{1}{3}$ cup peach cubes     | $\frac{1}{4}$ cup lemon juice         |
| $\frac{1}{3}$ cup sugar           | $\frac{3}{4}$ cup ginger ale          |
| 1 tablespoon candied ginger       |                                       |

Sprinkle fruit with lemon juice and sugar. Chill. Pack ginger ale in ice. Just before serving, pour ginger ale over fruit, arrange in cocktail glasses, and sprinkle with chopped, candied or preserved ginger. *Serves 4.*

### MACÉDOINE OF FRUIT

Arrange sections of fresh fruit attractively on a large platter. Squeeze lemon juice over it. Sprinkle sparingly with powdered sugar and Kirsch or Cointreau. Chill thoroughly. Pass with salad spoon and fork. Fruits particularly good are avocado in slices or cubes, orange or grapefruit sections, melon balls, seeded and peeled white grapes, cherries (canned or fresh), strawberries, raspberries, wedges of fresh pineapple, sliced pear, peach halves, etc.



**HOT FRUIT CUP *or* COMPOTE**

Combine various cooked or canned fruits. Heat. Flavor, if desired, with sherry, brandy, or rum.

**BAKED FRUIT COMPOTE**

Arrange layers of canned fruit (such as sour cherries, green gage plum, sweet black cherries and peaches) in deep baking dish, sprinkling each layer sparingly with brown sugar. Bake in moderate oven (350° F.) 30 minutes. Arrange several thin slices of lemon over fruit and bake 10 minutes longer. Serve hot or cold. If fruit is very juicy, spoon out some of the juice after the first 10 minutes of baking.

## CHAPTER 5

# *Breads*

### GENERAL INFORMATION

#### BATTERS, SPONGES, AND DOUGHS

**Batter** is a mixture of flour and a liquid (usually combined with other ingredients, as sugar, salt, eggs, etc.) of consistency to pour easily or to drop from a spoon. Batters are termed thin or thick, according to their consistency.

**Sponge** is a batter to which yeast is added.

**Dough** differs from batter by being stiff enough to be handled.

#### INGREDIENTS

1. **Wheat Flour** is superior to all others for bread making, because it contains 2 proteins which form gluten when flour is made into a dough. This gluten is what gives the dough an elastic quality, so that it can expand and hold within it the gas bubbles formed by yeast or other leavening agents. Bread flour is made from hard wheat, which is especially rich in these two gluten-forming proteins. Whole wheat flour contains all of the wheat, including the bran and the germ. It may be coarse or fine.

**Other flours and meals** may be used for yeast breads, but all, except rye flour, must be used in combination with wheat flour, and even rye flour is more successfully used when mixed with wheat flour.

2. **Liquid** may be all water, all milk, or a combination of the two.

3. **Shortening** in bread makes it more tender and adds to its fuel value and flavor. It may be butter or margarine, alone or in combination with lard or other good cooking fat.

4. **Salt** is added for flavor, 1 teaspoon to each cup of liquid.

5. **Sugar** in small amounts makes the dough rise more quickly and helps give a golden-brown color to the crust. Molasses is sometimes used in place of sugar.

#### 6. Leavening Agents

**Yeast** — generally used in compressed cakes. For 1 pint liquid in recipe, use  $\frac{1}{4}$  yeast cake to raise bread overnight, 1 yeast cake to prepare in 5 hours, 2 yeast cakes to prepare in 3 hours. Mixtures containing eggs or a larger amount of shortening than White Bread (p. 70) require more yeast or a longer time for rising.

**Baking Powders** leaven mixtures by the liberation of gas when combined with liquid. They are of two sorts: (a) bicarbonate of soda mixed with cream of tartar or calcium acid phosphate; (b) bicarbonate of soda mixed with sodium aluminum phosphate ("double-action" type).

Allow 2 teaspoons baking powder (type *a*) for each cup of flour in a recipe, reducing by  $\frac{1}{2}$  teaspoon for each egg white added to mixture. Allow 1 teaspoon of type *b* baking powder for each cup of flour. Where baking powder is not the only leavening agent (recipes containing eggs, etc.), the difference in the amount to use is less marked. Recipes in this book are based on type *a* but in many cases either type can be used without change in the amount. Where adjustment for type *b* is necessary, there is a note giving the required amount. **Soda and the acid in molasses, sour milk, lemon juice, and vinegar** also combine to liberate gas to effect leavening. Combine soda with the dry ingredients in mixing.

Use  $\frac{1}{2}$  teaspoon soda for 1 cup sour milk.

1 teaspoon soda for 1 cup molasses.

$\frac{3}{8}$  teaspoon soda for 1 tablespoon vinegar or lemon juice.

**Steam** is the leavening agent in a mixture such as popovers which are made of a thin, thoroughly beaten batter baked in a hot oven. The extreme heat seals the outer surface and causes the liquid in the mixture to turn to steam and expand.

## WHITE BREAD

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 cup scalded milk                | 2½ teaspoons salt                 |
| 1 cup boiling water               | 2 tablespoons sugar               |
| 1 tablespoon butter               | *1 yeast cake <i>dissolved in</i> |
| 1 tablespoon lard <i>or</i> other | ¼ cup lukewarm water              |
| shortening                        | 6 cups sifted bread flour         |

\* Or more, to hasten process. See p. 69.

1. **To Mix.** Put shortening, sugar, and salt in large bowl without a lip or in top of large double boiler. Add liquid. When lukewarm, add dissolved yeast cake and 3 cups flour. Mix thoroughly with knife or spoon. Add 2 cups flour, mix with knife, and add remaining flour gradually, using just enough to prevent sticking. Turn on floured board or cloth, leaving a clean bowl. Knead until mixture is smooth and elastic to the touch and bubbles may be seen under the surface.

2. **To Raise.** Return to bowl, set in bread mixer or larger bowl containing water kept just below body temperature (80° F. to 95° F.) and cover closely with clean cloth and board or tin cover. A large double boiler may be used. Inside temperature of dough should be maintained between 75° F. and 85° F., which can be tested with bath or dairy thermometer. When room temperature is above 80° F., keep water lower (75° F.). (If large quantity of yeast is used to hasten raising (see p. 69), watch dough carefully and cut down as soon as double in bulk, to avoid "yeasty" or sour taste). To raise bread overnight, set in warm place free of extreme heat or drafts.

If not convenient to shape dough at this point, **cut down** by cutting through dough and turning it over several times with a case knife. Let rise again or knead into smooth ball, put in bowl, brush with melted butter, cover bowl with oiled-silk cover or heavy waxed paper held tight by elastic band, put cover or plate on top, and store in refrigerator until ready to shape.

3. **To Shape.** Divide dough in parts, each part large enough for a loaf, and knead until smooth. Avoid seams in under part of loaf. If to be baked in brick pan, place two loaves in one pan and brush between loaves with a little melted butter. If to be baked in long shallow pan, knead well and roll with both hands to lengthen, care being taken that loaf is smooth and of uniform thickness. If long loaves are to be baked on cooky sheets, shape and roll loosely in a towel sprinkled with corn meal for last rising. Part of dough may be

made into biscuits (to shape, see p. 76 ff.). Cover and let rise to double in bulk. If risen too long, bread will be full of large holes; if not risen long enough, it will be heavy and soggy. If pans containing loaves are put in too hot a place while rising, a heavy streak will be found near bottom of loaf.

**4. To Bake.** Bake 40 to 60 minutes in hot oven (375° F. to 425° F.). If the oven is too hot, the crust will brown quickly before the heat has reached the center, and prevent further rising. Loaf should continue rising for first 15 minutes, when it should begin to brown, and continue browning for the next 20 minutes. The last 15 minutes it should finish baking, during which heat may be reduced. When bread is done, it will shrink from sides of pan and may be easily removed. Biscuits require a hotter oven than loaf bread (425° F. to 450° F.), should continue rising the first 5 minutes, and begin to brown in 8 minutes. Brush bread with melted butter 3 minutes before taking from oven, if a more tender crust is desired.

To bake bread before it has risen to double in bulk, start baking in cold oven; then turn on heat and allow oven to heat gradually to hot (400° F.). By this process, the last part of the rising is hastened by the heat of the oven.

**Two-Hour Method.** Use 2 yeast cakes. Add 2 cups flour at first, beat 3 minutes with electric beater, add 1½ cups flour, beat 3 minutes, add 1½ cups flour and beat 5 minutes. Stir in additional flour until dough loses shiny look. Knead 10 minutes. Divide in 4 pieces, place 2 in each large bread pan, brushing between pieces with butter. Preheat oven 1 minute, turn off, place loaves on center rack, close door, and let bread rise 30 minutes. Set regulator at 425° F., bake 10 minutes, reduce to 375° F., bake 30 minutes or until done.

**Care of Bread after Baking.** Remove loaves at once from pans and place, side down, on a wire bread or cake cooler. If a crisp crust is desired, cool bread without covering; if soft crust, cover with a towel during cooling. When cool, wrap in wax paper, put in tin box or stone jar, and cover closely.

Never keep bread wrapped in cloth, as the cloth will absorb moisture and give an unpleasant taste to bread. Wash and scald bread tins or jars twice a week in winter and every other day in summer; otherwise bread is apt to mold.



**To Use Stale Bread.** See Toast (p. 162), Dry Crumbs (p. 10), Bread Puddings (p. 519 ff.), etc.

### VARIATIONS

**Bran Bread.** Use 1 cup bran and 5 cups flour and  $\frac{1}{4}$  cup molasses instead of sugar.

**Cheese Bread.** To half the recipe, add  $\frac{3}{4}$  cup grated American cheese, mixing it with last flour added. A whole yeast cake may be used, thereby hastening rising.

**Currant Loaf.** When shaping into loaves, knead in  $\frac{1}{3}$  cup cleaned dried currants.

**Date Bread.** After first rising, add 2 cups dates, cut in pieces.

**Raisin Bread.** After first rising, add 2 cups raisins and  $\frac{1}{2}$  cup sugar. To make a richer mixture, add 2 eggs, well beaten.

**Whole Wheat Bread I.** Use half white flour and half fine whole wheat flour and use 3 tablespoons molasses in place of sugar. For **Raisin Nut Bread**, add, after first rising, 1 cup raisins and 1 cup walnut or pecan nut meats, broken in pieces. For **Colonial Bread**, use half the recipe to make 4 small loaves. After first rising, knead in  $\frac{1}{2}$  cup each finely cut candied orange peel and pecan nut meats, broken in pieces. Put into round tins until  $\frac{1}{3}$  full; let rise and bake. Cool and use for sandwiches.

**Rye Bread.** Use brown sugar in place of white and only 3 cups bread flour. After first rising, add enough rye meal to make dough stiff enough to knead.

**Rye and Caraway Bread.** Use 1 cup bread flour and the rest rye flour. Use only 1 tablespoon sugar. After first rising, knead in  $\frac{1}{3}$  tablespoon caraway seeds.

### RYE BREAD

|                                                                  |                                  |
|------------------------------------------------------------------|----------------------------------|
| 2 cups scalded milk                                              | 1 teaspoon salt                  |
| 2 tablespoons brown sugar                                        | 1 yeast cake <i>dissolved in</i> |
| 2 tablespoons butter                                             | $\frac{1}{2}$ cup lukewarm water |
| $1\frac{1}{2}$ cups fine whole wheat flour <i>or</i> bread flour | 6 cups rye flour                 |

Make like White Bread, kneading in whole wheat flour after first rising.

**German Rye Bread.** Use sour milk. If desired, add 2 tablespoons caraway seeds with rye flour. Bake 2 hours in slow oven (300° F.).

## WHOLE WHEAT BREAD II

|                                                                          |                                  |
|--------------------------------------------------------------------------|----------------------------------|
| 2 cups scalded milk <i>or</i> water                                      | 2 teaspoons salt                 |
| $\frac{1}{4}$ cup sugar <i>or</i>                                        | 1 yeast cake <i>dissolved in</i> |
| $\frac{1}{3}$ cup molasses                                               | $\frac{1}{4}$ cup lukewarm water |
| 4 $\frac{1}{2}$ cups coarse whole wheat flour <i>or</i> half bread flour |                                  |

Add sweetening and salt to milk. Increase molasses to  $\frac{2}{3}$  cup if desired, increasing flour as needed. Cool, and when lukewarm add dissolved yeast cake and flour. Beat well, cover, and let rise to double in bulk. Again beat and turn into greased bread or muffin pans, having pans half full. Let rise and bake (p. 71). Whole Wheat Bread should not quite double its bulk during last rising.

**Third Bread.** Use 1 cup rye flour, 1 cup corn meal and 3 cups flour.

## ROLLED OATS BREAD

|                            |                                  |
|----------------------------|----------------------------------|
| 2 cups boiling water       | 1 yeast cake <i>dissolved in</i> |
| $\frac{1}{2}$ cup molasses | $\frac{1}{2}$ cup lukewarm water |
| 2 teaspoons salt           | 1 cup rolled oats                |
| 1 tablespoon butter        | 5 cups flour                     |

Add boiling water to oats and let stand one hour; add molasses, salt, butter, dissolved yeast cake, and flour. Beat thoroughly, let rise, and beat again. Turn into buttered bread pans, let rise again, and bake (p. 71).

**Rolled Oats Bread with Nuts and Prunes.** After first rising, add 1 cup chopped nuts or prunes, cut in pieces, or use  $\frac{1}{2}$  cup chopped nuts and 1 cup prunes.

HEALTH BREAD *or* MUFFINS

|                                  |                                  |
|----------------------------------|----------------------------------|
| 1 cup cooked wheat cereal (warm) | 1 tablespoon butter              |
| $\frac{1}{4}$ cup brown sugar    | 1 yeast cake <i>dissolved in</i> |
| $\frac{1}{2}$ teaspoon salt      | $\frac{1}{4}$ cup lukewarm water |
| 2 $\frac{1}{4}$ cups flour       |                                  |

Mix first four ingredients, add dissolved yeast cake and flour; then knead. Cover and let rise. Cut down, shape in loaves or fill muffin pans  $\frac{2}{3}$  full. Again let rise and bake in moderately hot oven (375° F.).

**Date and Nut Bread.** After first rising, add  $\frac{2}{3}$  cup, each, walnut meats and dates cut in pieces.

COFFEE CAKE *or* KUCHEN

|                             |                                   |
|-----------------------------|-----------------------------------|
| 1 cup scalded milk          | 1 yeast cake <i>dissolved in</i>  |
| $\frac{1}{3}$ cup sugar     | $\frac{1}{4}$ cup lukewarm water  |
| $\frac{1}{3}$ cup butter    | 2 eggs, well beaten               |
| $\frac{1}{2}$ teaspoon salt | Flour (about $3\frac{3}{4}$ cups) |

*See also* Quick Coffee Cake (p. 94).

Add sugar, butter, and salt to scalded milk. When lukewarm, add dissolved yeast cake, egg, and enough flour to make a stiff batter. Cover and let rise until mixture doubles in bulk. Cut down, beat thoroughly, and spread evenly in 2 buttered, round, layer-cake tins, or spread  $\frac{1}{2}$  inch thick in buttered dripping pan. Spread with desired mixture. Let rise and bake 40 minutes, beginning with hot oven (400° F.) and decreasing after 10 minutes to moderate (350° F.). If desired, use only 1 egg or 2 egg yolks.

**Apple Kuchen.** Spread  $\frac{3}{4}$  inch thick in buttered dripping pan. Brush over with melted butter. Pare 5 sour apples and core, cut in eighths, and press sharp edges of apples into dough in parallel rows lengthwise of pan. Sprinkle with  $\frac{1}{4}$  cup sugar mixed with  $\frac{1}{2}$  teaspoon cinnamon and 2 tablespoons currants or seedless raisins. Cover, let rise, and bake 30 minutes in moderate oven (350° F.).

**Raisin Kuchen.** To mixture, add  $\frac{1}{2}$  cup raisins, cut in pieces. Before baking, brush over with beaten egg and cover with following mixture: Melt 3 tablespoons butter, add  $\frac{1}{3}$  cup sugar and 1 teaspoon cinnamon. Stir and add 3 tablespoons flour.

**Cincinnati Coffee Cake.** Before last rising, sprinkle with the following: Mix 4 tablespoons sugar,  $1\frac{1}{2}$  teaspoons cinnamon, 1 cup soft, stale bread crumbs, 4 tablespoons melted butter, and 4 tablespoons chopped blanched almonds.

**Streusel Cake.** Sift  $\frac{1}{3}$  cup sugar with  $\frac{1}{3}$  cup flour. Work in  $\frac{1}{3}$  cup butter and mix until all is crumbly. Spread over coffee cake before last rising, pressing in slightly with fingers.

**Cinnamon Bread.** Increase flour to 5 cups (about). Beat well, let rise until doubled in bulk, cut down, turn on lightly floured board or pastry cloth, and knead until smooth and elastic to the touch. Roll into rectangle  $\frac{1}{2}$  inch thick. Spread with softened butter, sprinkle with  $\frac{1}{2}$  cup sugar mixed with 3 teaspoons cinnamon. Cut rectangle in half. Roll each tightly like a jelly roll. Place in buttered pans, brush with melted butter, cover with clean cloth, and let rise until double in bulk. Bake 30 minutes in hot oven (400° F.).

## SWEDISH BREAD

|                      |                           |
|----------------------|---------------------------|
| 2½ cups scalded milk | ¾ cup sugar               |
| 1 yeast cake         | 1 egg, well beaten        |
| Flour (about 7 cups) | ½ teaspoon salt           |
| ½ cup melted butter  | 1 teaspoon almond extract |

Dissolve yeast cake in ½ cup milk which has been allowed to cool until lukewarm. Add ½ cup flour, beat thoroughly, cover, and let rise. When light, add remaining milk and 4½ cups flour. Stir until well mixed, cover, and again let rise; add remaining ingredients and 1½ cups flour. Turn onto floured cloth and knead, using ½ cup flour; cover and let rise. Shape. Bake 20 minutes in moderate oven (350° F.).

**To Shape Swedish Coffee Braid.** Cut off 3 pieces of mixture of equal size and roll, using the hands, in long pieces of uniform size; then braid. Form in ring, if desired. Put on a buttered cooky sheet, cover, and let rise. Brush over with 1 egg yolk, slightly beaten, and diluted with ½ tablespoon cold water. Sprinkle with blanched almonds finely chopped or cut in slices crosswise.

**To Shape Swedish Coffee Ring.** Take ⅓ of mixture and shape with hands in long roll. Roll as thin as possible on an unfloured board with rolling-pin. Mixture will stick to board but may easily be



*To Shape Swedish Coffee Ring*

lifted with a knife. Spread with melted butter, sprinkle with sugar and chopped blanched almonds, or cinnamon. Roll like a jelly roll, trim, if necessary, and join ends to form ring. Place on a buttered cooky sheet, cut with scissors, holding scissors perpendicularly.



## STANDARD ROLLS

|                                                        |                                   |
|--------------------------------------------------------|-----------------------------------|
| 2 cups scalded milk                                    | 2 teaspoons salt                  |
| 4 tablespoons butter                                   | *1 yeast cake <i>dissolved in</i> |
| 2 tablespoons sugar                                    | $\frac{1}{4}$ cup lukewarm water  |
| 6 cups flour (bread, all-purpose, or half whole wheat) |                                   |

\* Or more, to hasten process. See p. 69.

Add 1 or 2 egg whites or 1 or 2 eggs, well beaten, if desired. For richer rolls, add butter, up to  $\frac{1}{2}$  cup.

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake and 3 cups flour. Beat thoroughly (2 minutes with electric beater), cover, and let rise until light; cut down, add egg if used, and enough flour to knead (about  $2\frac{1}{2}$  cups). Let rise until double in bulk, and turn onto slightly floured cloth or board. Knead and shape (see below). Cover with cloth and board or cooky sheet and let rise until double in bulk. Bake in hot oven ( $425^{\circ}$  F.) 12 to 15 minutes. Use all the dough at once, or put part in bowl, brush with melted butter, cover tightly with oiled-silk cover or wax paper held by rubber band, and store in refrigerator. *Makes 30 to 36 rolls.*

To reduce the time, shape biscuits as soon as mixed.

**Round Biscuits.** When mixture is ready to shape, pull off as many small pieces of dough (having them of uniform size) as there are to be biscuits. Hold piece with thumb and first finger of left hand; with right hand fold dough from top under, constantly moving dough round and round until it is perfectly smooth on top and there are no creases underneath. Place in greased muffin tins or in greased pans near together. Brush between with melted butter, so that biscuits will separate easily after baking.

**Finger Rolls.** Shape Round Biscuits and roll with one hand on part of board where there is no flour, until of desired length. Make smooth and of uniform size, and round at ends.

**Clover Leaf Rolls.** Shape in tiny balls, brush edges with melted butter, place 3 in each section of greased muffin tins.

**Parker House Rolls I.** When mixture is ready to shape, pat and roll out  $\frac{1}{8}$  inch thick, cut out with biscuit cutter or Parker House roll cutter, first dipped in flour. Make crease through middle of each piece with floured knife handle; brush over half of each piece with melted butter, fold, and press edges together. Place in greased pan 1 inch apart.



**Parker House Rolls II.** Cut or tear off small pieces of dough and shape round, like a biscuit. Place in rows on floured board, cover with cloth and pan, and let rise until light. With handle of large wooden spoon or toy rolling pin, crease through center of each biscuit, brush edge of lower halves with melted butter, fold, press lightly, and place in buttered pan 1 inch apart.



*Shape Dough in Any of These Ways or Others*

*(Standard Roll Variations, continued)*

**Salad, Dinner, or Reception Rolls.** Shape in small biscuits, place in rows on floured board, cover with cloth and pan, and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in the middle of each biscuit, lift up, and press edges together. Place closely in buttered pan, brushing with butter between biscuits.

**Orange Rolls I.** Sprinkle with grated orange rind. Roll  $\frac{1}{3}$  inch thick and shape with small round cutter. Press a small lump of sugar dipped in orange juice into each.

**Orange Rolls II.** Remove sections from small navel oranges, let drain overnight. Cut out Parker House rolls, place an orange section in each, and bake.

**Cheese Biscuits.** Roll  $\frac{1}{3}$  inch thick, sprinkle with grated cheese, and cut out with small round cutter.

### PINWHEEL or ROSEBUD BISCUITS

Make dough for Standard Rolls or Potato Biscuit. Roll  $\frac{1}{4}$  inch thick, spread with softened butter, and roll up like jelly roll. Cut in  $\frac{3}{4}$ -inch pieces. Place in buttered pan, close together, cut side down. Let rise until double in bulk and bake 20 minutes in hot oven (400° F.).

**Cinnamon Rolls.** Before rolling up, sprinkle with  $\frac{1}{2}$  cup sugar mixed with 2 teaspoons cinnamon.

**Swedish Rolls.** Before rolling up, sprinkle with 2 tablespoons sugar,  $\frac{1}{3}$  teaspoon cinnamon,  $\frac{1}{3}$  cup seeded raisins, and 2 tablespoons chopped citron.

**Butterscotch Biscuits.** Use half quantity of dough. Cream  $\frac{1}{2}$  cup butter with  $\frac{3}{4}$  cup brown sugar. Spread part on dough before rolling up. Spread remainder on bottom of 9-inch round pan. Brush sides of rolls with melted butter. Place close together on sugar and butter mixture in pan, cut side down. Let rise until double in bulk. Bake 25 minutes in moderately hot oven (375° F.). Serve butterscotch side up.

**Butterscotch Pecan Rolls.** Sprinkle pecan nut meats on dough before rolling up and also on butterscotch mixture in pan, using about  $\frac{3}{4}$  cup.

## POTATO BISCUIT

|                               |                                  |
|-------------------------------|----------------------------------|
| $\frac{3}{4}$ cup shortening  | 1 cup milk                       |
| $\frac{1}{2}$ cup sugar       | 1 yeast cake <i>dissolved in</i> |
| 1 cup hot riced potatoes      | $\frac{1}{4}$ cup lukewarm water |
| $1\frac{1}{2}$ teaspoons salt | Flour ( $5\frac{1}{2}$ cups)     |

Combine shortening, sugar, potatoes, salt, milk, 1 cup flour, and dissolved yeast cake. Shortening may be increased to 1 cup and sugar to  $\frac{3}{4}$  cup, if liked. Cover, let rise until light. Add  $4\frac{1}{2}$  cups flour, cover, and again let rise. Turn onto floured board, pat, and roll  $\frac{1}{4}$  inch thick. Shape with small round cutter and put together in pairs with butter between, or shape in any of the ways suggested under Standard Rolls (p. 76). This mixture may be kept in refrigerator several days and baked as needed. Let rise and bake in hot oven ( $425^{\circ}$  F.). *Makes 30 to 36 small biscuits.*

**Rich Potato Biscuit.** Add 2 eggs, yolks and whites beaten separately, after adding yeast cake.

## WREATHS

Work into 1 cup bread dough  $\frac{1}{2}$  cup butter and  $\frac{1}{4}$  cup lard, using hands or pastry mixer. When thoroughly blended, turn onto floured board and knead, using just enough flour to prevent sticking. Cut off pieces and roll like small bread sticks; then shape into rings. Dip upper surface in almonds, blanched, chopped, and seasoned with salt. Arrange on buttered baking sheet and bake in hot oven ( $400^{\circ}$  F.) until delicately browned.

## SWEET FRENCH ROLLS

|                                  |                                 |
|----------------------------------|---------------------------------|
| 1 cup milk                       | 1 teaspoon salt                 |
| 1 yeast cake <i>dissolved in</i> | 1 egg                           |
| $\frac{1}{4}$ cup lukewarm water | 1 egg yolk                      |
| Flour (about 3 cups)             | $\frac{1}{8}$ teaspoon mace     |
| $\frac{1}{4}$ cup sugar          | $\frac{1}{4}$ cup melted butter |

Add sugar, salt, and butter to milk; cool to lukewarm, add dissolved yeast cake and  $1\frac{1}{2}$  cups flour. Beat thoroughly and let rise until full of bubbles. Add eggs, mace (or few gratings lemon rind or  $\frac{1}{2}$  teaspoon lemon extract), and enough flour to knead. Finish like Standard Rolls (p. 76), shaping in Rosebud Biscuits. *Makes 24 to 36 small rolls.*

## CREAM BREAD FINGERS

|                               |                                  |
|-------------------------------|----------------------------------|
| $\frac{1}{2}$ cup heavy cream | 1 yeast cake <i>dissolved in</i> |
| 2 tablespoons sugar           | $\frac{1}{4}$ cup lukewarm water |
| $\frac{1}{4}$ tablespoon salt | $1\frac{1}{4}$ cups flour        |

Scald cream and add sugar and salt; when lukewarm, add dissolved yeast cake and flour and beat thoroughly. Turn onto slightly floured board and knead. Return to bowl, cover, let rise, toss on slightly floured board, and pat and roll  $\frac{1}{4}$  inch thick. Shape with lady-finger cutter, first dipped in flour, arrange on buttered cooky sheet, cover, again let rise, and bake in moderately hot oven (375° F.). Brush over with 2 tablespoons milk, mixed with 1 tablespoon sugar, and return to oven to glaze. *Makes 12.*

## BREAD STICKS

|                                  |                                  |
|----------------------------------|----------------------------------|
| 1 cup scalded milk               | 1 yeast cake <i>dissolved in</i> |
| $\frac{1}{4}$ cup butter         | $\frac{1}{4}$ cup lukewarm water |
| $1\frac{1}{2}$ tablespoons sugar | 1 egg white, well beaten         |
| $\frac{1}{2}$ teaspoon salt      | $3\frac{1}{2}$ cups flour        |

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, egg white, and flour. Knead, let rise, shape, and put 1 inch apart on cooky sheet, or in bread-stick pans. Let rise again and start baking in hot oven (425° F.). After 5 minutes reduce heat to moderate (350° F.), that sticks may be crisp and dry. *To shape sticks*, first shape into small biscuits, roll on board (where there is no flour) with hands until 8 inches long, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of sticks. This mixture may also be shaped and baked in any of the ways suggested for Standard Roll Mixture.

**Bowknot Rolls.** Roll  $\frac{1}{4}$  inch thick, cut strips  $\frac{3}{4}$  inch wide, and braid. Cut in uniform pieces.

**Salad Sticks.** Let rise and add salt to dough, allowing 2 teaspoons to each cup of dough. Shape in small sticks, let rise again, sprinkle with salt, and bake in slow oven (300° F.). If preferred glazed, brush over with egg yolk slightly beaten and diluted with  $\frac{1}{2}$  tablespoon cold water.



### PARMESAN CHEESE STICKS

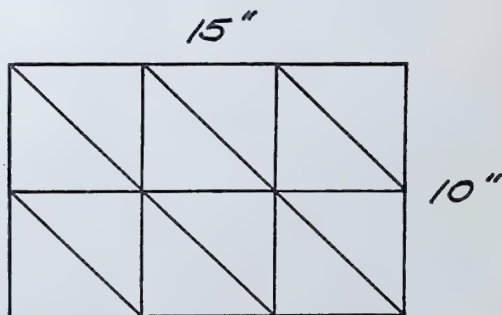
Turn 1 cup bread dough onto a floured board, pat and roll in rectangular shape as thin as possible. Spread with 1 tablespoon butter, dredge with flour, and fold from ends to make 3 layers. Repeat 3 times and cut in finger-shaped pieces. Arrange on cooky sheet, cover, let stand 15 minutes, and bake in hot oven (425° F.). Remove from oven, brush over with egg white, and roll in grated Parmesan cheese, seasoned with salt and cayenne. Return to oven and bake 4 minutes.

### FRENCH CRESCENT ROLLS

|                             |                                   |
|-----------------------------|-----------------------------------|
| 1 cup scalded milk          | 1 yeast cake <i>dissolved in</i>  |
| 1 tablespoon lard           | $\frac{1}{4}$ cup lukewarm water  |
| 1 tablespoon sugar          | Flour (about $2\frac{1}{2}$ cups) |
| $\frac{3}{4}$ teaspoon salt | 1 cup butter                      |
|                             | Cream                             |

Add lard, sugar, and salt to milk. When lukewarm, add dissolved yeast cake and enough flour to knead. Turn onto slightly floured cloth, knead, return to bowl, cover, let rise until doubled in bulk. Chill in refrigerator.

Turn onto slightly floured cloth, pat and roll into rectangle,  $\frac{1}{4}$  inch thick. Spread with 4 tablespoons creamed butter and fold from ends toward center, making 3 layers. Turn  $\frac{1}{4}$  way round, pat, roll out as before, and



again spread with 4 tablespoons creamed butter. Repeat twice. Chill 2 hours or longer. Divide in half.

Using half the dough, roll out into rectangle 15 by 10 inches, measuring carefully. Cut as in illustration to avoid reshaping or wasting dough. Roll up each triangle, beginning on long side. Curve in crescent form. Place on cooky sheet covered with brown paper. Chill 20 minutes. Brush with cream. Bake 30 minutes, beginning with hot oven (400° F.) and decreasing, as rolls brown, to moderate (350° F.). *Makes 24 crescents.*



## FRENCH RUSKS

|                                |                                  |
|--------------------------------|----------------------------------|
| 2 cups scalded milk            | 1 yeast cake <i>dissolved in</i> |
| $\frac{1}{4}$ cup butter       | $\frac{1}{4}$ cup lukewarm water |
| $\frac{1}{4}$ cup sugar        | 1 egg, well beaten               |
| 1 teaspoon salt                | 2 egg yolks, well beaten         |
| Flour (about 6 cups)           | 1 egg white                      |
| $\frac{3}{4}$ teaspoon vanilla |                                  |

Make like Standard Rolls (p. 76), adding egg and egg yolks after sponge has become light. Shape like Parker House Rolls (p. 76). Before baking, make 3 parallel creases on top of each roll. Start baking in hot oven (450° F.), decreasing to moderately hot (375° F.) after 5 minutes. When nearly done, brush over with egg white beaten slightly and mixed with 1 tablespoon cold water and vanilla. Sprinkle with sugar. Juice and rind of  $\frac{1}{2}$  lemon may be added after first rising, if desired. *Makes 36 to 40 rusks.*

## SQUASH BISCUITS

|                                                    |                                              |
|----------------------------------------------------|----------------------------------------------|
| $\frac{1}{2}$ cup squash (steamed<br>and strained) | $\frac{1}{2}$ cup scalded milk               |
| $\frac{1}{4}$ cup sugar                            | $\frac{1}{4}$ yeast cake <i>dissolved in</i> |
| $\frac{1}{2}$ teaspoon salt                        | $\frac{1}{4}$ cup lukewarm water             |
|                                                    | $\frac{1}{4}$ cup butter                     |
|                                                    | $2\frac{1}{2}$ cups flour                    |

Add squash, sugar, salt, and butter to milk. When lukewarm add dissolved yeast cake and flour; cover and let rise overnight. Shape into biscuits, let rise, and bake in moderately hot oven (375° F.). *Makes 12 to 18 biscuits.*

## SWEET BUNS

|                                  |                                           |
|----------------------------------|-------------------------------------------|
| 1 cup scalded milk               | $\frac{1}{2}$ teaspoon salt               |
| $\frac{1}{4}$ cup sugar          | $\frac{1}{2}$ teaspoon cinnamon <i>or</i> |
| 2 tablespoons butter             | grated rind $\frac{1}{2}$ lemon           |
| 1 yeast cake <i>dissolved in</i> | 1 or 2 eggs, well beaten                  |
| $\frac{1}{4}$ cup lukewarm water | 3 cups flour                              |

Add butter, sugar, and salt to milk. Cool to lukewarm, add dissolved yeast cake, egg, cinnamon, and flour. Mix thoroughly, cover, and let rise until light. Shape large biscuits, place in buttered pan 1 inch apart, and let rise. Brush over with beaten egg or egg yolk diluted with 1 teaspoon cold water. Bake 20 minutes in moderately hot oven (375° F.). *Makes 24 buns.*

(*Sweet Buns — Variations*)

**Currant or Raisin Buns.** Add  $\frac{1}{4}$  cup currants or seeded raisins, cut in pieces.

**Hot Cross Buns.** Mark Raisin Buns, after baking, with cross of Royal Frosting (p. 654;  $\frac{1}{3}$  recipe makes enough) or confectioners' sugar moistened with boiling water and flavored with vanilla.

**Rich Coffee Rolls.** Increase butter to  $\frac{1}{4}$  cup and add  $\frac{1}{4}$  cup lard or vegetable shortening. Roll into long, rectangular piece  $\frac{1}{4}$  inch thick. Brush over with melted butter, fold from ends toward center to make 3 layers, and cut off pieces  $\frac{3}{4}$  inch wide. Cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, then shape in a coil. Place in buttered pans, cover, again let rise, and bake. Cool slightly. Brush over with confectioners' sugar moistened with boiling water and flavored with vanilla.

## BRIOCHE

|                          |                                         |
|--------------------------|-----------------------------------------|
| $\frac{1}{2}$ cup milk   | 2 egg yolks                             |
| $\frac{1}{3}$ cup butter | $\frac{1}{4}$ cup sugar                 |
| 1 yeast cake, crumbled   | $\frac{1}{4}$ teaspoon lemon extract or |
| 1 egg                    | 1 pounded cardamom seed                 |
|                          | $2\frac{1}{3}$ cups flour               |

Scald milk, add butter, cool to lukewarm, add yeast cake, and stir until smooth. Add eggs, sugar, flavoring, and  $1\frac{1}{2}$  cups flour. Beat thoroughly 10 minutes or 3 minutes in electric beater. Add remaining flour. Mix well. Let rise 3 hours. Chill in refrigerator overnight or at least 3 hours. Fill buttered iron gem pans  $\frac{1}{3}$  full. Let rise until double in bulk, and bake in moderately hot oven ( $375^{\circ}$  F.). *Makes 20 brioche.*

**Holland Brioche.** Use 3 cups flour and grated rind  $\frac{1}{2}$  lemon in place of other seasoning. Chilling is unnecessary for this stiffer mixture, but the texture is improved by letting it rise a second time before shaping. If desired shape like Coffee Rolls (above).

**Flûtes.** Shape dough like Bread Sticks. Place on a buttered sheet, cover, and let rise until light. Brush over with an egg white, slightly beaten and diluted with  $\frac{1}{2}$  tablespoon cold water. Sprinkle with powdered sugar and bake 10 minutes in moderate oven ( $350^{\circ}$  F.). These are delicious served with coffee or chocolate.

## FEATHER ROLLS

|                          |                             |
|--------------------------|-----------------------------|
| 2 cups scalded milk      | $\frac{3}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup butter | 1 yeast cake                |
| $\frac{1}{4}$ cup sugar  | 2 eggs, well beaten         |
| 3 to 4 cups flour        |                             |

Add butter, sugar, and salt to milk. When lukewarm, add yeast cake and, when dissolved, eggs and flour enough to make dough stiffer than cake dough. Beat thoroughly. Cover, let rise until light. Fill buttered muffin pans  $\frac{2}{3}$  full. Let rise until pans are full. Bake 30 minutes in moderately hot oven ( $375^{\circ}$  F.). *Makes 24 to 30 muffins.*

**Grilled Muffins.** Put buttered muffin rings on hot greased griddle. Fill half full with mixture and cook slowly until well risen and browned underneath; turn muffins and rings and brown on other side. Watch carefully and adjust heat so that muffins do not brown too quickly. If desired, use only 2 tablespoons butter and 1 egg.

**Crumpets.** Make like Grilled Muffins but omit sugar and egg and increase butter to  $\frac{1}{2}$  cup.

**Sally Lunn Tea Cakes.** Omit 1 cup milk. Use 3 eggs. Bake in muffin tins or in shallow pan and cut in squares while hot.

## FLUME FLANNEL CAKES

|                            |                             |
|----------------------------|-----------------------------|
| $1\frac{1}{2}$ cups milk   | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup sugar    | $\frac{1}{2}$ yeast cake    |
| $\frac{1}{2}$ cup butter   | 4 cups flour                |
| 2 egg whites, beaten stiff |                             |

Scald milk and add sugar, butter, and salt. When lukewarm, add yeast cake and, when yeast is dissolved, flour. Mix thoroughly and add egg whites. Cover and let rise overnight, cut down, fill buttered, heavy muffin pans half full. Let rise. Bake 20 minutes in hot oven ( $400^{\circ}$  F.). *Makes 24 to 30 cakes.*

## RAISED CORN MEAL MUFFINS

|                             |                                  |
|-----------------------------|----------------------------------|
| 1 cup scalded milk          | 1 yeast cake <i>dissolved in</i> |
| $\frac{1}{4}$ cup sugar     | $\frac{1}{4}$ cup lukewarm water |
| $\frac{1}{2}$ teaspoon salt | 1 cup corn meal                  |
| $1\frac{3}{4}$ cups flour   | $\frac{1}{4}$ cup melted butter  |

Make like Feather Rolls (above). *Makes 12 to 18 muffins.*

## RAISED HOMINY MUFFINS

|                          |                                  |
|--------------------------|----------------------------------|
| 1 cup warm cooked hominy | 1 teaspoon salt                  |
| $\frac{1}{4}$ cup butter | 1 yeast cake <i>dissolved in</i> |
| 1 cup scalded milk       | $\frac{1}{4}$ cup lukewarm water |
| 3 tablespoons sugar      | $3\frac{1}{4}$ cups flour        |

Mix first five ingredients. When lukewarm, add dissolved yeast cake and flour. Unless cooked hominy is rather stiff, more flour will be needed. Cover and let rise until light. Cut down, fill buttered gem pans  $\frac{2}{3}$  full, let rise 1 hour, and bake in moderate oven (375° F.). *Makes 24 muffins.*

**Raised Rice Muffins.** Use 1 cup hot boiled rice in place of hominy and add 2 egg whites, beaten stiff.

## ENGLISH MUFFINS

|                                |                                  |
|--------------------------------|----------------------------------|
| $\frac{1}{2}$ cup scalded milk | 1 yeast cake <i>dissolved in</i> |
| 1 cup water                    | 1 tablespoon water               |
| 1 teaspoon salt                | 3 tablespoons shortening         |
| 1 teaspoon sugar               | 4 cups bread flour               |

Cool milk to lukewarm, add water, salt, sugar, dissolved yeast cake, and 2 cups flour. Beat well. Let rise to double in bulk. Add shortening (slightly softened) and remaining flour. Beat and knead thoroughly to insure fine texture. Let rise until double in bulk. Place on slightly floured board. Flatten with rolling pin to  $\frac{3}{4}$  inch in thickness. Let stand until light. Cut with cutter  $2\frac{1}{2}$  inches in diameter. Bake 15 minutes on hot buttered griddle, turning several times during cooking. Cut-out muffins may be kept in refrigerator until wanted. *Makes 24 to 30 muffins.*

## IRISH BREAD

Follow recipe for Baking Powder Biscuits (p. 86), adding 1 tablespoon shortening, 1 tablespoon sugar,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup currants, and 1 tablespoon caraway seeds. Bake in buttered heavy frying pan 30 minutes in moderate oven (350° F.). Increase heat last 5 minutes of baking. Serve in pie-shaped pieces.



**BAKING POWDER BISCUITS**

|                            |                                     |
|----------------------------|-------------------------------------|
| 2 cups bread flour         | 2 tablespoons shortening            |
| *4 teaspoons baking powder | $\frac{3}{4}$ to 1 cup milk or half |
| 1 teaspoon salt            | milk and half water                 |

\* Tartrate or phosphate type. Use 2 teaspoons combination type, or follow instructions on container.

For shortening, use all butter, all lard or other cooking fat, or use half of each.

Mix dry ingredients and sift twice. Work in shortening with finger tips or pastry mixer. Add liquid gradually, mixing with knife to make soft dough. It is impossible to determine the exact amount of liquid, owing to differences in flour. Toss on floured board, pat down or knead a few minutes, and roll lightly  $\frac{3}{4}$  inch thick. Shape with biscuit cutter. Place on buttered cooky sheet, prick with a fork, and bake 12 to 15 minutes in hot oven (450° F.). For richer biscuit, double amount of shortening. *Makes 12 to 15 biscuits.*

**Drop Biscuits.** Use  $1\frac{1}{4}$  cups liquid. Drop by spoonfuls in buttered muffin tins or on buttered cooky sheet. A pleasant addition is to sprinkle a little corn meal in each muffin tin or on cooky sheet.

**Filled Biscuits.** Roll  $\frac{1}{2}$  inch thick. Cut out rounds and spread half of them with melted butter, then with ham paste, finely chopped cooked ham, cooked sausage meat, orange marmalade, cooked apricot pulp, shaved maple sugar or grated cheese, etc. Press other rounds lightly on top. Brush with milk and bake. For hors d'oeuvre or tea service, make small and serve very hot.

**Cream of Tartar Biscuits.** In place of baking powder, use 2 teaspoons cream of tartar and 1 teaspoon baking soda.

**Cream Biscuits.** Replace shortening and milk by 1 cup heavy cream. Whip cream until stiff before adding. To vary, sprinkle with shaved maple sugar after cutting out.

**Cheese Biscuits.** Add  $\frac{1}{2}$  cup grated cheese to dry ingredients.

**Orange Biscuits.** Before baking, put  $\frac{1}{2}$  teaspoon orange marmalade on each.

**Sausage Biscuits.** Pan-broil small pork sausages. Cut out 3-inch rounds ( $\frac{1}{4}$  inch thick), place sausage on each, fold over and bake.



## PINWHEEL BISCUITS

Baking Powder Biscuit mixture

Melted butter

Roll biscuit mixture into oblong  $\frac{1}{4}$  inch thick. Brush over with butter. Roll up like jelly roll. Cut off pieces  $\frac{3}{4}$  inch thick. Bake 15 minutes in hot oven ( $450^{\circ}$  F.). *Makes 12 to 15 rolls.*

**Orange Pinwheels I.** Spread thinly with orange marmalade before rolling up.

**Orange Pinwheels II.** Cream  $\frac{1}{4}$  cup butter with  $\frac{1}{2}$  cup sugar and add  $\frac{1}{2}$  cup orange juice and 2 tablespoons grated orange rind. Distribute in 12 buttered muffin tins. Sprinkle dough with  $\frac{1}{4}$  cup sugar mixed with  $\frac{1}{2}$  teaspoon cinnamon before rolling up. Arrange pieces in muffin tins.

**Fruit Rolls.** Before rolling up, sprinkle with 2 tablespoons sugar, mixed with  $\frac{1}{3}$  teaspoon cinnamon,  $\frac{1}{3}$  cup seedless raisins, and 2 tablespoons citron, finely chopped.

**Cheese Pinwheels.** Before rolling up, sprinkle with  $\frac{1}{2}$  cup grated cheese.

**Butterscotch Biscuits.** Cream  $\frac{1}{2}$  cup butter with  $\frac{3}{4}$  cup brown sugar. Spread part on dough before rolling up. Spread remainder on bottom of 9-inch pan. Brush sides of biscuit with melted butter. Place close together in pan, cut side down. Sprinkle pecan nut meats on dough and in pan, if desired.

## CREAM SCONES

|                                 |                             |
|---------------------------------|-----------------------------|
| 2 cups flour                    | $\frac{1}{2}$ teaspoon salt |
| *4 teaspoons baking powder      | 4 tablespoons butter        |
| 2 teaspoons sugar               | 2 eggs                      |
| $\frac{1}{3}$ cup cream or milk |                             |

\* Tartrate or phosphate type. Use 2 teaspoons combination type, or follow instructions on container.

Mix and sift dry ingredients. Work in butter with pastry mixer, fork, or finger tips; add eggs well beaten (reserving a small amount of unbeaten white) and cream. Toss on floured board, pat, and roll  $\frac{3}{4}$  inch thick. Cut in squares, diamonds, or triangles, brush with reserved egg white diluted with 1 teaspoon water, sprinkle with sugar, and bake 15 minutes in hot oven ( $450^{\circ}$  F.). *Makes 12.*

## MUFFINS

|                             |                             |
|-----------------------------|-----------------------------|
| 2 cups pastry flour         | 2 tablespoons sugar         |
| *3 teaspoons baking powder  | 1 cup milk                  |
| $\frac{1}{2}$ teaspoon salt | 4 tablespoons melted butter |
|                             | 1 or 2 eggs                 |

\* Tartrate or phosphate type. Use 2 teaspoons combination type.

Use up to  $\frac{1}{2}$  cup sugar to make sweeter muffins.

Mix and sift dry ingredients. Beat egg until light, add milk and butter and add to flour mixture all at once. Stir only enough to dampen flour. Drop by spoonfuls in buttered muffin pans until  $\frac{2}{3}$  full, and bake 15 to 20 minutes in hot oven (400° F.). *Makes 12 muffins or 24 small tea muffins.*

**Bacon Muffins.** Use bacon fat for shortening and add 3 tablespoons cooked diced bacon.

**Berry Muffins.** Reserve  $\frac{1}{4}$  cup flour; use to dredge 1 cup blueberries or huckleberries and add to mixture. Omit egg, if desired. Amount of sugar may be doubled.

**Date Muffins.** Add  $\frac{1}{2}$  cup sliced, pitted dates.

**Orange Peel Muffins.** Add  $\frac{3}{4}$  cup candied orange peel, cut in coarse pieces.

**Peach Muffins.** Add to milk  $\frac{3}{4}$  cup peaches, peeled and cut in small pieces.

**Rye Breakfast Gems.** Use half rye flour and 2 tablespoons molasses in place of sugar.

**Soy Bean Muffins.** Replace half or all flour by soy bean flour. If all soy bean flour is used, increase baking powder to 4 teaspoons.

**Whole Wheat Muffins.** Use 1 cup whole wheat flour and  $\frac{3}{4}$  cup bread flour. Increase sugar to  $\frac{1}{4}$  cup.

## BRAN MUFFINS

|                               |                            |
|-------------------------------|----------------------------|
| 1 cup flour                   | 2 cups bran                |
| 1 teaspoon soda               | 1 cup milk                 |
| 1 teaspoon salt               | $\frac{1}{2}$ cup molasses |
| egg, well beaten (if desired) |                            |

Mix and sift flour, soda, and salt. Add other ingredients. Bake in buttered muffin tins 30 to 40 minutes in moderately hot oven (375° F.). *Makes 18 muffins.*

**Raisin Bran Muffins.** Add  $\frac{3}{4}$  cup seeded raisins to bran.

## OATMEAL MUFFINS

|                            |                             |
|----------------------------|-----------------------------|
| 1½ cups flour              | ½ cup milk                  |
| 2 tablespoons sugar        | 1 cup cooked oatmeal        |
| *4 teaspoons baking powder | 1 egg, well beaten          |
| ½ teaspoon salt            | 2 tablespoons melted butter |

\* Tartrate or phosphate type. Use 3 teaspoons combination type.

Add oatmeal to milk. Mix and bake, see Muffins (p. 88).

## BERKSHIRE MUFFINS

|                           |                            |
|---------------------------|----------------------------|
| ½ cup corn meal           | ½ teaspoon salt            |
| ½ cup flour               | ⅔ cup scalded milk (scant) |
| ½ cup cooked rice         | 1 egg yolk, well beaten    |
| 2 tablespoons sugar       | 1 tablespoon melted butter |
| 3 teaspoons baking powder | 1 egg white, beaten stiff  |

Turn scalded milk on meal, let stand 5 minutes; add rice, and flour mixed and sifted with remaining dry ingredients. Add egg yolk and butter. Fold in egg white. Bake in muffin pans in hot oven (400° F.). *Makes 12 muffins.*

## MARYLAND BEATEN BISCUIT

|              |                                    |
|--------------|------------------------------------|
| 1 pint flour | 1 teaspoon salt                    |
| ⅓ cup lard   | Milk and water in equal quantities |

Mix and sift flour and salt; work in lard with pastry mixer or finger tips. Moisten to stiff dough. Toss on slightly floured board and beat 30 minutes with rolling pin or special utensil, continually folding over the dough. Roll ⅓ inch thick, shape with round cutter 2 inches in diameter, prick with fork, and place on buttered tin. Bake 20 minutes in hot oven (400° F.). *Makes 12 to 18 biscuits.*

## CREAM WAFERS

|                           |                 |
|---------------------------|-----------------|
| 1½ cups pastry flour      | 1 teaspoon salt |
| Heavy cream (about ½ cup) |                 |

Mix and sift flour and salt. Add cream slowly to make dough. Knead on slightly floured cloth until smooth. Pat and roll as thin as possible. Prick with fork. Shape with small round or fancy cutter, dipped in flour. Arrange on buttered cooky sheet. Bake in moderate oven (350° F.) until delicately browned. *Makes 48 wafers.*

**HOMINY GEMS**

|                                 |                      |
|---------------------------------|----------------------|
| $\frac{1}{4}$ cup hominy        | 1 cup corn meal      |
| $\frac{1}{2}$ teaspoon salt     | 3 tablespoons sugar  |
| $\frac{1}{2}$ cup boiling water | 3 tablespoons butter |
| 1 cup scalded milk              | 2 eggs               |
| 3 teaspoons baking powder       |                      |

Add hominy mixed with salt to boiling water and let stand until hominy absorbs water, or use  $\frac{1}{2}$  cup cooked hominy. Add scalded milk to corn meal, then add sugar and butter. Combine mixtures, cool slightly, add egg yolks beaten until thick, and egg whites beaten until stiff. Sift in baking powder and beat thoroughly. Bake in buttered muffin pans in hot oven (400° F.). *Makes 12 gems.*

**POPOVERS**

|                             |                        |
|-----------------------------|------------------------|
| 1 cup bread flour           | $\frac{7}{8}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | 2 eggs                 |
| 1 tablespoon melted butter  |                        |

Mix salt and flour. Beat eggs until light, add milk and butter and add slowly to flour, stirring until well-blended. Beat 2 minutes with egg beater or 1 minute with electric beater. Mixture should be of the thickness of heavy cream. Butter custard cups or hissing-hot iron gem pans and fill  $\frac{1}{3}$  full. Bake 20 minutes in hot oven (450° F.), then reduce heat to moderate (350° F.), and bake 15 to 20 minutes longer. Remove immediately from pans. *Makes 8 to 12 popovers.*

**Cheese Popovers.** Mix  $\frac{1}{2}$  cup grated cheese with  $\frac{1}{8}$  teaspoon paprika and a few grains cayenne. Put small amount of batter in each pan, cover with teaspoon of cheese, then with batter.

**Graham Popovers.** Use  $\frac{2}{3}$  cup fine whole wheat flour and  $\frac{1}{3}$  cup white flour.

**Rye Popovers.** Use  $\frac{2}{3}$  cup rye meal and  $\frac{1}{3}$  cup white flour. Increase milk to 1 cup.

**BREAKFAST PUFFS**

|                         |                        |
|-------------------------|------------------------|
| 1 cup flour             | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup water |                        |

Mix milk and water; add gradually to flour and beat with egg beater until very light. Bake like Popovers. *Makes 8 to 12 puffs.*

**Fadges.** Use fine entire wheat flour and 1 cup water (no milk).



## AFTERNOON-TEA WAFERS

|                          |                             |
|--------------------------|-----------------------------|
| 1 cup bread flour        | 1 teaspoon baking powder    |
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ teaspoon salt |
| 3 tablespoons milk       |                             |

Mix and sift dry ingredients and work in butter, using pastry mixer or finger tips. Add milk to make stiff dough, toss on floured board, and pat and roll  $\frac{1}{4}$  inch thick. Shape with round cutter dipped in flour, arrange on buttered cooky sheet, and bake 10 minutes in hot oven (400° F.). Split while hot, return to oven, and bake until a golden brown. These wafers will keep for weeks without crumbling. *Makes 36 crackers.*

## GOLDEN CORNCAKE

|                             |                                  |
|-----------------------------|----------------------------------|
| $\frac{3}{4}$ cup corn meal | $\frac{3}{4}$ teaspoon salt      |
| 1 cup flour                 | 1 cup milk                       |
| $\frac{1}{3}$ cup sugar     | 1 egg, well beaten               |
| *3 teaspoons baking powder  | 2 tablespoons shortening, melted |

\* Tartrate or phosphate type. Use 2 teaspoons combination type.

Mix and sift dry ingredients; add milk, egg, and shortening; bake in shallow buttered pan 20 minutes in hot oven (425° F.). For shortening, butter, chicken fat, or beef drippings may be used.

**Rich Corncake.** In place of baking powder, use 1 teaspoon soda and 2 teaspoons cream of tartar. In place of milk, use 1 cup heavy sour cream and  $\frac{1}{4}$  cup milk.

**Molasses Corncake.** Omit sugar. Use  $\frac{3}{4}$  cup milk and  $\frac{1}{4}$  cup molasses. If desired add  $\frac{1}{2}$  to 1 cup ripe peaches, cut small.

**Forest Hall Corn Sticks.** Omit sugar. Add  $\frac{1}{2}$  cup hot boiled hominy to mixture. Increase butter to  $\frac{1}{4}$  cup. Turn into buttered bread-stick pans and bake 20 minutes in moderate oven (350° F.).

## JOHNNYCAKE

|                                        |                                                      |
|----------------------------------------|------------------------------------------------------|
| 1 cup scalded milk or<br>boiling water | $\frac{1}{2}$ cup white corn meal<br>1 teaspoon salt |
|----------------------------------------|------------------------------------------------------|

Add salt to corn meal and pour on milk or water gradually. Spread  $\frac{1}{4}$  inch deep in buttered shallow pan or by spoonfuls in small, shallow buttered pans. Dot with bits of butter, if desired. Bake in moderate oven (350° F.) until crisp. Split and spread with butter.



**WHITE CORNCAKE**

|                          |                                     |
|--------------------------|-------------------------------------|
| $\frac{1}{4}$ cup butter | $1\frac{1}{4}$ cups white corn meal |
| $\frac{1}{2}$ cup sugar  | $1\frac{1}{4}$ cups flour           |
| $1\frac{1}{3}$ cups milk | *4 teaspoons baking powder          |
| 3 egg whites             | 1 teaspoon salt                     |

\* Tartrate or phosphate type. Use 3 teaspoons combination type.

Cream the butter; add sugar gradually; add milk, alternating with dry ingredients, mixed and sifted. Beat thoroughly; add egg whites beaten stiff. Bake in buttered cake pan 30 minutes in hot oven (425° F.).

**LITTLETON SPIDER CORNCAKE**

|                                   |                             |
|-----------------------------------|-----------------------------|
| $1\frac{1}{3}$ cups corn meal     | 2 eggs, well beaten         |
| $\frac{1}{3}$ cup flour           | 2 cups sweet milk           |
| 1 teaspoon soda (scant)           | $\frac{1}{4}$ cup sugar     |
| 1 cup sour milk                   | $\frac{1}{2}$ teaspoon salt |
| $1\frac{1}{2}$ tablespoons butter |                             |

Mix and sift corn meal, flour, and soda. Add sour milk, eggs, 1 cup sweet milk, sugar, and salt. Melt butter in iron frying pan and turn in mixture. Pour over remaining milk and bake 50 minutes in moderate oven (350° F.). Cut in pie-shaped pieces for serving.

**SPOON BREAD**

|                                   |                                |
|-----------------------------------|--------------------------------|
| 1 cup white corn meal             | 2 egg yolks, slightly beaten   |
| $2\frac{1}{2}$ cups boiling water | $1\frac{1}{2}$ cups buttermilk |
| 2 tablespoons melted butter       | 1 teaspoon soda                |
| 1 teaspoon salt                   | 2 egg whites                   |

Add corn meal gradually to boiling water and cook 15 minutes in double boiler. Let stand until cool. Then add butter, salt, egg yolks, and buttermilk mixed with soda. Beat 2 minutes and add egg whites beaten until stiff. Turn into buttered 2-quart pudding dish. Bake 40 minutes in hot oven (425° F.). *Serves 8.*

**With Sweet Milk.** Omit soda and add 2 teaspoons baking powder.

**With Rice or Hominy.** Add  $\frac{1}{2}$  to 1 cup cooked rice or hominy.

## BATTER BREAD

|                                                     |                       |
|-----------------------------------------------------|-----------------------|
| 1 egg                                               | 1 cup white corn meal |
| 1 teaspoon salt                                     | Boiling water         |
| $\frac{1}{2}$ cup cold cooked hominy <i>or</i> rice | 1 tablespoon lard     |

Beat egg well, add salt, hominy, corn meal, and enough water to make a thin batter. Melt lard in deep baking dish and heat until it smokes. Pour in batter and bake 40 minutes in moderate oven (350° F.). Serve from baking dish. *Serves 4.*

## BANANA BREAD

|                                      |                 |
|--------------------------------------|-----------------|
| 3 ripe bananas                       | 2 cups flour    |
| $\frac{3}{4}$ cup sugar              | 1 teaspoon salt |
| 2 eggs                               | 1 teaspoon soda |
| $\frac{1}{2}$ cup nut meats, chopped |                 |

Crush bananas with silver fork. Add eggs, beaten light, sugar, flour sifted with salt and soda, and nut meats. Bake 1 hour in moderately slow oven (325° F.). *Makes 1 loaf 5 × 9 inches.*

## QUICK BRAN BREAD

|                                    |                         |
|------------------------------------|-------------------------|
| 2 cups flour                       | 2 cups bran             |
| *3 teaspoons baking powder         | 1 tablespoon shortening |
| 1 tablespoon sugar                 | 1 egg yolk              |
| $\frac{1}{2}$ teaspoon salt        | 1 cup milk              |
| $\frac{1}{2}$ cup seedless raisins |                         |

\* Phosphate or tartrate type. Use 2 teaspoons combination type.

Sift flour, baking powder, sugar, and salt. Add bran and rub in shortening with finger tips. Beat egg yolk, add milk, and stir into first mixture. Add raisins. Bake 1 hour in moderate oven (375° F.).

## DATE AND NUT BREAD

|                                            |                             |
|--------------------------------------------|-----------------------------|
| 1 cup dates, cut fine                      | 1 egg, well beaten          |
| $\frac{1}{2}$ cup sugar <i>or</i> honey    | 1 teaspoon soda             |
| $\frac{1}{4}$ cup butter, <i>melted in</i> | $1\frac{3}{4}$ cups flour   |
| $\frac{3}{4}$ cup boiling water            | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup chopped nuts             |                             |

Mix dates, sugar or honey, butter, and water. Let cool. Add other ingredients. Bake 40 to 50 minutes in moderate oven (350° F.). Black walnuts are especially good. Add 1 tablespoon rum if liked.

### QUICK COFFEE CAKE

|                             |                          |
|-----------------------------|--------------------------|
| 1 cup sugar                 | $\frac{1}{4}$ cup butter |
| $1\frac{2}{3}$ cups flour   | 1 egg, well beaten       |
| 2 teaspoons baking powder   | $\frac{1}{2}$ cup milk   |
| $\frac{1}{4}$ teaspoon salt |                          |

Mix and sift dry ingredients. Work in butter. Add egg and milk. Pat into buttered pan. Mix  $1\frac{1}{2}$  teaspoons cinnamon and 3 teaspoons granulated sugar and sprinkle over top. Bake in moderately hot oven ( $375^{\circ}$  F.) about 20 minutes. Cut in squares or oblongs. Lightning Cake (p. 632) also makes a delicious coffee cake or kuchen, somewhat more delicate in texture.

**Apple Kuchen.** Cover with layer of thinly sliced tart apples. Sprinkle with brown sugar and broken walnut meats. Beat 1 egg with  $\frac{1}{4}$  cup cream or milk and pour over top. Bake.

**Prune or Plum Kuchen.** Pit canned prunes or plums. Arrange over batter. Pour over a little of the juice. Sprinkle with cinnamon and sugar. If desired, pour over egg and cream as for Apple Kuchen. Serve warm with whipped cream.

**Quick Tea Cake.** Increase milk to  $\frac{3}{4}$  cup. Add 1 teaspoon vanilla. Turn into buttered and floured shallow cake pan or small loaf pan, sprinkle with sugar, and bake 35 minutes in moderately hot oven ( $375^{\circ}$  F.). Cut in squares and serve hot or, if in loaf pan, cool and slice. One tablespoon caraway seeds may be added to mixture.

### APRICOT ALMOND BREAD

|                                    |                                  |                      |
|------------------------------------|----------------------------------|----------------------|
| $1\frac{1}{2}$ cups dried apricots | 1 egg, well beaten               | } sifted<br>together |
| $1\frac{1}{2}$ cups boiling water  | 1 cup whole wheat flour          |                      |
| 2 tablespoons butter               | $1\frac{1}{2}$ cups pastry flour |                      |
| 1 cup sugar                        | 1 teaspoon soda                  |                      |
| 1 teaspoon salt                    | 1 cup almonds, chopped           |                      |
|                                    | 1 teaspoon orange extract        |                      |

Chop apricots fine or put through food chopper. Add water, butter, sugar, and salt. Cool. Add other ingredients. Turn into buttered and floured loaf pan or 2 small pans and bake  $1\frac{1}{4}$  hours in moderate oven ( $350^{\circ}$  F.). When making half recipe, use 1 egg yolk.

## GINGERBREAD

|                                                               |                               |
|---------------------------------------------------------------|-------------------------------|
| 1 cup molasses                                                | $\frac{1}{2}$ teaspoon salt   |
| $\frac{1}{3}$ cup butter, chicken fat,<br>or other shortening | $1\frac{1}{2}$ teaspoons soda |
| $\frac{2}{3}$ cup boiling water or                            | 1 teaspoon ginger             |
| 1 cup sour milk                                               | 1 teaspoon cinnamon           |
| $2\frac{1}{3}$ cups flour                                     | $\frac{1}{4}$ teaspoon clove  |
|                                                               | $\frac{1}{4}$ teaspoon nutmeg |
| 1 teaspoon vanilla, if liked                                  |                               |

Put butter and molasses in saucepan and cook until boiling point is reached. Add water or milk and dry ingredients, mixed and sifted. Beat vigorously. Fill buttered shallow pan and bake 30 to 40 minutes; or fill buttered muffin tins or bread-stick pans  $\frac{2}{3}$  full and bake 20 to 35 minutes in a moderate oven (350° F.).

**Cambridge Gingerbread.** Add 1 egg, well beaten, to liquids before adding flour.

**To Serve As a Dessert.**

1. Cut in squares and put a spoonful of whipped cream on each.

2. **Apple Gingerbread.** Make sirup of  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup water. Peel, core, and quarter tart apples and cook lightly in sirup. Arrange in buttered baking pan. Pour gingerbread mixture over apples. Bake, cut in squares, and serve with whipped cream.

3. **Cheese Gingerbread.** Whip cream, fold in grated cheese to taste, or beat cream cheese with cream or milk until light. Split hot gingerbread and spread cream mixture between and on top.

4. **Gingerbread Upside Down Cake.** Melt  $\frac{1}{4}$  cup butter in iron frying pan or baking pan, add  $\frac{1}{3}$  cup dark brown sugar and stir until sirupy. Arrange pear halves (6 to 8), hollow side down in sirup. Pour over them gingerbread mixture and bake. Loosen edges and turn out on serving dish. Serve warm with or without plain or whipped cream.

## QUICK GRAHAM BREAD

|                               |                                 |
|-------------------------------|---------------------------------|
| 2 cups entire wheat flour     | 1 teaspoon salt                 |
| $\frac{1}{2}$ cup white flour | 4 tablespoons melted shortening |
| $\frac{1}{2}$ cup molasses    | $1\frac{1}{2}$ cups sour milk   |
| 1 teaspoon baking powder      | 1 teaspoon soda                 |

Mix and sift flour, baking powder, soda, and salt; then add shortening, sour milk, and molasses. If desired, add  $\frac{1}{2}$  cup nut meats broken in pieces. Bake 50 to 60 minutes in moderate oven (375° F.).

## HONEY BREAD

|                                        |                                  |
|----------------------------------------|----------------------------------|
| 2 cups flour, all white or half<br>rye | $\frac{1}{2}$ teaspoon cinnamon  |
| 1 teaspoon baking powder               | 1 teaspoon ginger                |
| 1 teaspoon soda                        | $\frac{1}{2}$ cup strained honey |
| 1 teaspoon salt                        | 1 egg, slightly beaten           |
|                                        | 1 cup milk                       |

Mix and sift dry ingredients. Add others. Beat thoroughly, 15 minutes or more if convenient. Bake in loaf or bread-stick pans in moderate oven ( $350^{\circ}$  F.). Add 1 tablespoon rum to mixture, if liked. *Makes 1 loaf 5  $\times$  9 inches.*

## NUT BREAD

|                                                 |                 |
|-------------------------------------------------|-----------------|
| 2 cups bread flour                              | 1 teaspoon salt |
| $\frac{1}{2}$ cup sugar                         | 1 egg yolk      |
| 2 teaspoons baking powder                       | 1 cup milk      |
| $\frac{1}{2}$ cup English walnut meat or pecans |                 |

Mix and sift flour, sugar, baking powder, and salt. Add egg yolk, milk, and walnut meats broken in pieces. Beat thoroughly and turn into buttered bread pan. Let stand 20 minutes. Bake in moderate oven ( $350^{\circ}$  F.) about 45 minutes. If desired, use half graham flour and half pastry flour. *Makes 1 loaf 5  $\times$  9 inches.*

**Candied Orange Peel Bread.** Use chopped candied orange peel in place of nuts.

**Date Nut Loaf.** Use brown sugar. Add  $\frac{1}{2}$  cup dates, cut small.

**Orange Nut Bread.** Add 1 tablespoon grated orange peel. Reduce sugar to  $\frac{1}{4}$  cup and add  $\frac{1}{4}$  cup orange marmalade.

## WINCHESTER NUT BREAD

|                               |                                                 |
|-------------------------------|-------------------------------------------------|
| $\frac{3}{4}$ cup cold water  | 1 teaspoon salt                                 |
| $\frac{1}{2}$ cup brown sugar | $2\frac{1}{2}$ teaspoons baking powder          |
| $\frac{1}{2}$ cup molasses    | $\frac{3}{4}$ teaspoon soda                     |
| $\frac{3}{4}$ cup milk        | 2 cups fine entire wheat flour                  |
| 1 cup bread flour             | $\frac{3}{4}$ cup walnut meats, in large pieces |

Dissolve sugar in water. Add molasses and milk. Sift flour, salt, baking powder, and soda and add entire wheat flour unsifted. Combine mixtures. Add nuts. Bake 2 hours in slow oven ( $275^{\circ}$  F.).



## ORANGE PEEL BREAD

|                            |                             |
|----------------------------|-----------------------------|
| 1 cup orange peel          | 1 egg                       |
| Water                      | 2 cups milk                 |
| 1 $\frac{3}{4}$ cups sugar | 4 cups flour                |
| 1 tablespoon butter        | 4 teaspoons baking powder   |
|                            | $\frac{1}{8}$ teaspoon salt |

Cut yellow part of orange peel in small pieces, discarding white part. Cover with water, cook until tender. Add 1 cup sugar, boil to sirup. Cream butter, add remaining sugar, egg, milk, and flour, mixed with baking powder and salt. Beat well, add orange peel, put in 2 buttered bread pans. Let stand 20 minutes. Bake 40 to 50 minutes in moderately slow oven (325° F.). *Two loaves.*

**With Nuts.** Add  $\frac{3}{4}$  cup nut meats, broken in pieces or coarsely chopped.

## PEANUT BUTTER BREAD

|                           |                                 |
|---------------------------|---------------------------------|
| 2 cups bread flour        | 1 teaspoon salt                 |
| $\frac{1}{3}$ cup sugar   | $\frac{3}{4}$ cup peanut butter |
| 2 teaspoons baking powder | 1 egg, well beaten              |
| 1 cup milk (scant)        |                                 |

Sift together flour, sugar, baking powder, and salt. Work into this, with fork, peanut butter and egg. Add milk. Put into buttered pan and bake 50 to 60 minutes in moderate oven (350° F.). *Makes 1 loaf.*

## PECAN BREAD

|                                          |                                   |
|------------------------------------------|-----------------------------------|
| 2 cups unsifted coarse whole wheat flour | 3 teaspoons baking powder         |
| 1 cup pastry flour                       | 2 cups buttermilk                 |
| $\frac{3}{4}$ cup brown sugar            | 1 $\frac{1}{8}$ teaspoons soda    |
| 1 teaspoon salt                          | 1 cup pecan nut meats, finely cut |

Mix whole wheat flour, pastry flour, sugar, salt, and baking powder. Add remaining ingredients. Turn into buttered bread pan, cover, and let stand 20 minutes. Bake in moderately slow oven (325° F.). *Makes 2 small loaves.*

**PRUNE BREAD**

|                                       |                               |
|---------------------------------------|-------------------------------|
| 1 cup sugar                           | 1 cup sour milk               |
| 2 tablespoons melted butter           | 1 teaspoon soda               |
| 1 egg, well beaten                    | 1 cup fine entire wheat flour |
| 1 cup cooked prunes, cut in<br>pieces | or rye flour                  |
| 1/2 cup prune juice                   | 2 cups flour                  |
|                                       | 1/4 teaspoon baking powder    |
|                                       | 1/2 teaspoon salt             |

Mix sugar, butter, egg, prunes, and prune juice. Stir soda into sour milk and add. Mix and sift other ingredients and add. Beat thoroughly. Bake 60 to 70 minutes in moderate oven (350° F.).

**BOSTON BROWN BREAD**

|                                    |                          |
|------------------------------------|--------------------------|
| 1 cup rye meal or white flour      | 1 teaspoon salt          |
| 1 cup corn meal                    | 3/4 cup molasses         |
| 1 cup coarse entire wheat<br>flour | 2 cups sour milk         |
| 3/4 tablespoon soda                | or 1 3/4 cups sweet milk |
|                                    | or water                 |
| 1 cup seedless raisins, if desired |                          |

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, and fill well-greased mold not more than 2/3 full. Cover closely and place mold on trivet in kettle containing boiling water, allowing water to come halfway up around mold. Cover closely and steam 3 1/2 hours, keeping water at boiling point. Add more boiling water as needed. In steamed pudding molds, steam 1 1/2 to 2 hours. Take from water, remove cover, and set in slow oven (300° F.) 15 minutes to dry off. Remove from mold. Cut with string while hot, by drawing string around bread, crossing, and pulling ends. *Makes 2 loaves.*

**To Steam in Double Boiler.** Grease top part and fill half full of batter. Set over lower part in which is enough boiling water to cover its base 1/2 inch. Cover closely and steam 3 hours over low heat, keeping water at boiling point.

**INDIAN BREAD**

|                               |                  |
|-------------------------------|------------------|
| 1 1/2 cups entire wheat flour | 1 teaspoon salt  |
| 1 cup corn meal               | 1/2 cup molasses |
| 1/2 tablespoon soda           | 1 2/3 cups milk  |

Mix and steam like Boston Brown Bread. *One loaf.*

## CHAPTER 6

# Griddlecakes and Waffles

### GRIDDLECAKES

|                              |                           |
|------------------------------|---------------------------|
| 1½ cups pastry flour, sifted | ¾ teaspoon salt           |
| *2½ teaspoons baking powder  | 1 egg, beaten until light |
| 3 tablespoons sugar          | ¾ cup milk (or more)      |
| 3 tablespoons melted butter  |                           |

\* Tartrate or phosphate type. Use 1¼ teaspoons combination type.

If desired, use 2 eggs. For a lighter type griddlecake, beat whites separately and fold in last.

Have milk at room temperature and add with butter to egg. Add dry ingredients sifted together and stir vigorously, adding more milk, if necessary, to make batter just thin enough to pour. Do not overbeat: lumps do no harm.

Heat griddle or frying pan. Many griddles do not require greasing, but if necessary, grease with a bit of bacon or rub over with cut turnip. Drop batter by spoonfuls or pour from pitcher onto griddle. When full of bubbles lift with spatula or pancake turner to see if under surface is browned, then turn with pancake turner and brown on other side. Serve immediately with butter and maple sirup or Mock Maple Sirup (p. 591). *Makes 12 medium-sized griddlecakes.*

**With Sour Milk.** Use 1 cup sour milk in place of sweet milk. Omit baking powder and sift ½ teaspoon soda with flour. Reduce or omit sugar, if preferred less sweet.

**Apple Griddlecakes.** Peel 1 tart juicy apple, slice thin and add to liquid ingredients.

**Blueberry Pancakes.** Add ½ cup blueberries, fresh or canned (drained).

**Whole Wheat Griddlecakes.** Use 1 cup white flour and ½ cup whole wheat flour. If desired, omit sugar and add 2 tablespoons molasses.

**Buckwheat Cakes.** Use half buckwheat flour.

**BREAD GRIDDLECAKES**

|                                    |                                    |
|------------------------------------|------------------------------------|
| 1½ cups fine stale bread<br>crumbs | 2 eggs, well beaten<br>½ cup flour |
| 1½ cups scalded milk               | ½ teaspoon salt                    |
| 2 tablespoons butter               | *4 teaspoons baking powder         |

\* Tartrate or phosphate type. Use 2 teaspoons combination type.

Add milk and butter to crumbs and soak until crumbs are soft; add eggs, then flour, salt, and baking powder, mixed and sifted. Cook (p. 99). *Makes 18 griddlecakes.*

**RAISED BUCKWHEAT CAKES**

|                                  |                                                |
|----------------------------------|------------------------------------------------|
| ⅓ cup fine bread crumbs          | 1¼ cups buckwheat flour                        |
| 2 cups scalded milk              | 1 tablespoon molasses <i>or</i><br>brown sugar |
| ½ teaspoon salt                  | ¼ tablespoon soda <i>dissolved in</i>          |
| ¼ yeast cake <i>dissolved in</i> | ¼ cup lukewarm water                           |
| ½ cup lukewarm water             |                                                |

Pour milk over crumbs and soak 30 minutes. Add salt, dissolved yeast cake, and buckwheat, to make a batter thin enough to pour. Let rise overnight. In the morning, stir well, add molasses, soda and water, and cook. *Makes 20 to 24 cakes.*

**CORN GRIDDLECAKES**

|                       |                                         |
|-----------------------|-----------------------------------------|
| ½ cup corn meal       | 1 teaspoon salt                         |
| 1½ cups boiling water | 1 teaspoon baking powder                |
| 1¼ cups sour milk     | ¾ teaspoon baking soda                  |
| 2 cups flour          | 1 egg <i>or</i> 2 egg yolks well beaten |
| ⅓ cup sugar           | 2 tablespoons butter                    |

Add meal to boiling water and cook 5 minutes; turn into bowl, add milk and remaining dry ingredients, mixed and sifted, then egg and butter. Cook (p. 99). *Makes 24 griddlecakes.*

**With Sweet Milk.** Omit baking soda and use 3 teaspoons baking powder.\*

\* Tartrate or phosphate type. Use 1½ teaspoons combination type.

**BUTTERMILK GRIDDLECAKES**

|                              |                             |                      |
|------------------------------|-----------------------------|----------------------|
| 1 egg, well beaten           | 2 cups flour                | } sifted<br>together |
| 1 cup buttermilk             | $\frac{1}{2}$ teaspoon salt |                      |
| $\frac{1}{2}$ cup sweet milk | 1 teaspoon soda             |                      |
| 1 tablespoon melted butter   | 2 tablespoons corn meal     |                      |

Mix ingredients in order given. Cook (p. 99). *Makes 12 to 15.*

**COTTAGE CHEESE PANCAKES**

|                      |                                 |
|----------------------|---------------------------------|
| 3 eggs, well beaten  | 2 tablespoons butter            |
| 1 cup cottage cheese | $\frac{1}{4}$ cup flour, sifted |
|                      | $\frac{1}{4}$ teaspoon salt     |

Put cheese through sieve. Combine ingredients and beat only until well blended. Cook. Spread with jelly, roll up, and sprinkle with confectioners' sugar. *Makes 12.*

**RICE GRIDDLECAKES I**

|                                    |                                  |
|------------------------------------|----------------------------------|
| 2 $\frac{1}{2}$ cups flour         | $\frac{1}{4}$ cup sugar          |
| $\frac{1}{2}$ cup cold cooked rice | 1 $\frac{1}{2}$ cups milk        |
| *3 teaspoons baking powder         | 1 egg or 2 egg yolks well beaten |
| $\frac{1}{2}$ teaspoon salt        | 2 tablespoons melted butter      |

\* Tartrate or phosphate type. Use 1 $\frac{1}{2}$  teaspoons combination type.

Mix and sift dry ingredients. Work in rice with pastry mixer or finger tips; add egg, milk, and butter. Cook (p. 99). *Makes 24.*

**RICE GRIDDLECAKES II**

|                             |                                  |
|-----------------------------|----------------------------------|
| 1 cup milk                  | 2 egg yolks, beaten until thick  |
| 1 cup warm boiled rice      | 2 egg whites, beaten until stiff |
| $\frac{1}{2}$ teaspoon salt | 1 tablespoon melted butter       |
|                             | $\frac{7}{8}$ cup flour          |

Pour milk over rice and salt. Add egg yolks, butter, and flour. Fold in egg whites. Cook. *Makes 15 to 18.*



## FRENCH PANCAKES

|                                  |                             |
|----------------------------------|-----------------------------|
| 1 cup flour                      | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup powdered sugar | 1 cup milk                  |
| 2 eggs                           |                             |

Mix flour, sugar, and salt. Add milk and stir until perfectly smooth. Add eggs and beat thoroughly. Heat 5-inch or other small frying pan. Grease with few drops of oil and pour in just enough batter to cover pan with very thin layer. Tilt pan so that mixture spreads evenly. When cooked on one side, toss or turn with spatula and cook on other side. Cook pancakes one by one. Roll up or fold in quarters and arrange on hot platter. *Makes 18 to 24.*

**With Jelly.** Before rolling, spread with grape or other jelly.

**Crêpes Suzette.** Cream  $\frac{1}{2}$  cup sweet butter, beat in  $\frac{1}{2}$  cup powdered sugar, and add grated rind and juice of 2 tangerines or 1 orange and  $\frac{1}{4}$  cup curaçao. Prepare this sauce ahead of time and set aside. It need not be perfectly smooth. Add 1 teaspoon brandy and grated rind of  $\frac{1}{2}$  lemon to pancake batter and cook as above.

Heat 3 tablespoons of sauce in chafing dish or over low heat, add pancakes, and heat slowly. Add more sauce as needed. When sauce is sirupy and pancakes are very hot, sprinkle with cognac or curaçao and ignite. If not done in chafing dish at table, arrange pancakes on small platter, pour over some of the sauce, sprinkle with warmed cognac, and light just before serving.

**Crêpes Vert Galant.** On each pancake, place 1 tablespoon whipped cream, mixed with finely chopped nuts. Roll, sprinkle with Cointreau and powdered sugar, and serve as dessert.

## WAFFLES

|                             |                                  |
|-----------------------------|----------------------------------|
| $1\frac{1}{2}$ cups flour   | 1 cup milk (about) or part cream |
| *3 teaspoons baking powder  | 2 or 3 egg yolks, well beaten    |
| $\frac{1}{2}$ teaspoon salt | 2 or 3 egg whites, beaten stiff  |
| 2 teaspoons sugar           | 6 tablespoons melted butter      |

\* Tartrate or phosphate type. Use 2 teaspoons combination type.

**To Mix.** Sift dry ingredients together. Beat egg yolks, add milk and melted butter. Combine and stir quickly. Fold in whites and add more milk if necessary to make batter thin enough to pour. Omit sugar for very crisp waffles. *Makes 6 waffles.*

**To Cook.** Heat waffle iron. Do not grease. Put 1 tablespoon of

batter in each compartment near center (mixture will spread to fill iron), cover, and leave closed until well puffed and delicately brown. Lift from iron with fork.

Many electric waffle irons have indicators which register when iron is hot enough to use. Otherwise, put 1 teaspoon water inside, close, and turn on current; when it stops steaming, iron is at correct temperature for cooking waffles.

**To Serve.** Serve for breakfast with maple sirup. For a heartier dish, serve with small sausages, creamed chicken, mushrooms, bacon, or fried chicken. As a dessert, serve with maple sirup or serve Chocolate Waffles with whipped cream.

**Sour Milk Waffles.** Use rich sour milk or cream and add  $\frac{1}{4}$  teaspoon soda. At least  $\frac{1}{4}$  cup more sour cream or milk will be needed to make batter of correct consistency. Reduce butter if sour cream is used.

**Cheese Waffles.** Add  $\frac{1}{2}$  cup grated cheese with egg yolks and milk. Serve with sausage cakes.

**Chocolate Waffles.** Add 2 squares chocolate, melted, and increase sugar to 6 tablespoons. Add 1 teaspoon vanilla. Serve with whipped cream or vanilla ice cream.

### RAISED WAFFLES

|                                   |                                              |
|-----------------------------------|----------------------------------------------|
| 1 $\frac{3}{4}$ cups scalded milk | 2 egg yolks                                  |
| 1 teaspoon salt                   | 2 egg whites                                 |
| 1 tablespoon butter               | $\frac{1}{4}$ yeast cake <i>dissolved in</i> |
| 2 cups flour                      | $\frac{1}{4}$ cup lukewarm water             |

Add salt and butter to milk. When lukewarm, add dissolved yeast cake and flour. Beat well. Let rise overnight. Add egg yolks well beaten and egg whites beaten until stiff. Cook (p. 102). If a whole yeast cake is used, the mixture will rise in 1 $\frac{1}{2}$  hours. *Makes 9 to 12.*

### CORN WAFFLES

|                                                                      |                               |
|----------------------------------------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup milk                                               | 1 teaspoon salt               |
| 2 cups corn, freshly grated from<br>cob <i>or</i> canned and drained | $\frac{1}{4}$ teaspoon pepper |
| 1 $\frac{1}{8}$ cups flour                                           | 2 teaspoons baking powder     |
|                                                                      | 1 tablespoon melted butter    |
| 2 eggs, well beaten                                                  |                               |

Mix and sift dry ingredients. Add corn, milk, butter, and eggs. Cook (p. 102). Serve like Corn Fritters. *Makes 6 to 8.*

**CORN MEAL WAFFLES**

|                       |                             |
|-----------------------|-----------------------------|
| 1½ cups boiling water | 3 teaspoons baking powder   |
| ½ cup white corn meal | 1½ teaspoons salt           |
| 1½ cups milk          | 2 egg yolks                 |
| 3 cups flour          | 2 egg whites                |
| 3 tablespoons sugar   | 2 tablespoons melted butter |

Cook meal in boiling water 20 minutes; add milk, dry ingredients mixed and sifted, egg yolks well beaten, butter, and egg whites beaten until stiff. Cook (p. 102). *Makes 12 to 15 waffles.*

**RICE WAFFLES**

|                        |                            |
|------------------------|----------------------------|
| 1¾ cups flour          | 4 teaspoons baking powder  |
| ⅔ cup cold cooked rice | ¼ teaspoon salt            |
| 1½ cups milk           | 1 tablespoon melted butter |
| 2 tablespoons sugar    | 1 egg                      |

Mix and sift dry ingredients. Work in rice with pastry mixer or finger tips. Add milk, egg yolk well beaten, butter, and egg white beaten until stiff. Cook (p. 102). *Makes 8 waffles.*

**SWEET POTATO WAFFLES**

|                           |                     |
|---------------------------|---------------------|
| 1 cup mashed sweet potato | ½ cup melted butter |
| 1 cup bread flour         | 1 cup milk          |
| ¼ cup sugar               | 1 egg               |

Mix first 5 ingredients in the order given; then add egg yolk, beaten until thick, and egg white, beaten until stiff. Cook (p. 102). *Makes 6 waffles.*

## CHAPTER 7

# Doughnuts

### DOUGHNUTS *or* FRIED CAKES

|                             |                                                |
|-----------------------------|------------------------------------------------|
| 1 egg <i>and</i>            | 4 teaspoons baking powder                      |
| 2 egg yolks                 | $\frac{1}{2}$ teaspoon grated nutmeg <i>or</i> |
| 1 cup sugar                 | half cinnamon                                  |
| 3 tablespoons melted butter | 1 teaspoon salt                                |
| 1 cup milk                  | $3\frac{1}{2}$ cups flour (about)              |

*Makes about 4 dozen.*

**To Mix.** Let milk stand until it is at room temperature. Melt butter, then let it cool somewhat. Sift dry ingredients together. Beat eggs, add milk, sugar, and butter. Add dry ingredients. Add enough more flour to make dough just firm enough to roll but keep dough as soft as possible.

**To Shape.** Put  $\frac{1}{3}$  of mixture on floured board, knead slightly, pat, and roll out  $\frac{1}{4}$  inch thick. Shape with doughnut cutter. Add trimmings to  $\frac{1}{2}$  remaining mixture, roll, and shape as before; repeat. Or use cutouts from center without reshaping.

**To Fry.** Heat lard or any vegetable fat to 370° F. Maintain an even temperature as doughnuts will absorb fat, if it is too cool, and will brown before sufficiently risen, if fat is too hot. If fat thermometer is not available, use rule for testing fat (p. 7). Lower doughnuts gently into fat and fry three or four at a time. When brown on one side, turn and brown on other side. Avoid turning more than once (except those made with sour milk or cream). Take up on skewer or fork and drain on crumpled unglazed paper (wrapping paper or paper toweling). Be careful not to pierce doughnut while lifting from fat.

**To Sugar.** Cool doughnuts and roll in powdered sugar or put sugar in paper bag, add doughnuts, 2 or 3 at a time, and shake until well coated.

**To Frost.** Spread one side with chocolate or other frosting. Sprinkle with chopped nut meats, if desired.



## VARIATIONS

**Cream Doughnuts.** Use 1 cup cream in place of milk and butter.

**Sour Milk Doughnuts.** Use sour milk in place of sweet, reducing baking powder to 1 teaspoon, and add 1 teaspoon soda.

**Sour Cream Doughnuts.** Use sour cream in place of milk. Omit butter. Reduce baking powder to 1 teaspoon and add 1 teaspoon soda.

**Crullers.** Roll  $\frac{1}{2}$  inch thick. Cut in strips 8 inches long and  $\frac{3}{4}$  inch wide. Twist several times and pinch ends flat.

**Chocolate Doughnuts.** Add  $1\frac{1}{2}$  squares chocolate, melted, to any of the above recipes (especially Sour Milk Doughnuts). Flavor with cinnamon and  $1\frac{1}{2}$  teaspoons vanilla.

**Lemon Doughnuts.** In place of whole egg and egg yolks, use 4 egg yolks. Add 2 tablespoons lemon juice and 1 teaspoon lemon rind. Season with nutmeg.

## RYE DROP CAKES

|                                        |                             |
|----------------------------------------|-----------------------------|
| $\frac{2}{3}$ cup rye meal             | $\frac{1}{2}$ teaspoon salt |
| $2\frac{2}{3}$ cups flour              | 2 tablespoons molasses      |
| $2\frac{1}{2}$ teaspoons baking powder | $\frac{1}{2}$ cup milk      |
| 1 egg, well beaten                     |                             |

Mix and sift dry ingredients; add milk gradually, then molasses and egg. Drop by spoonfuls in deep hot fat ( $370^{\circ}$  F.), fry until light brown and cooked through (test one by breaking apart). Remove with skimmer and drain on crumpled unglazed paper. *Makes 24 to 30.*

## RAISED DOUGHNUTS

|                                              |                                         |
|----------------------------------------------|-----------------------------------------|
| 1 cup scalded milk                           | $\frac{1}{3}$ cup butter and lard mixed |
| $\frac{1}{4}$ yeast cake <i>dissolved in</i> | 1 cup light brown sugar                 |
| $\frac{1}{4}$ cup lukewarm water             | 2 eggs, well beaten                     |
| 1 teaspoon salt                              | $\frac{1}{2}$ grated nutmeg             |
| 2 cups flour                                 |                                         |

Cool milk to lukewarm, add yeast cake in water, salt, and flour enough to make stiff batter. Let rise overnight. Add melted shortening, sugar, eggs, nutmeg, and flour. Let rise again. If too soft to handle, add more flour. Turn on floured board, pat, and roll  $\frac{3}{4}$  inch thick. Cut out with biscuit cutter and shape into ball between hands.



Place on floured board, let rise 1 hour, turn, and let rise again. Fry (p. 105). *Makes 24.*

**Jelly Doughnuts.** Roll  $\frac{1}{2}$  inch thick. Cut out  $2\frac{1}{2}$ -inch rounds. On half of them, place heaping teaspoons of jam or jelly, brush edges with egg white, and cover with other rounds. Press edges together. Let rise and fry.

### RAISED CRULLERS

|                     |                                              |
|---------------------|----------------------------------------------|
| 5 tablespoons sugar | 2 tablespoons lard                           |
| 1 teaspoon salt     | $\frac{1}{2}$ yeast cake <i>dissolved in</i> |
| 1 cup scalded milk  | 2 tablespoons lukewarm water                 |
|                     | 3 cups flour                                 |

Add sugar, salt, and lard to scalded milk. When lukewarm, add dissolved yeast cake and 1 cup flour. Cover, let rise until light, and add 2 cups flour. Turn on slightly floured board and knead. Cover, again let rise, and knead; repeat. Pat and roll  $\frac{1}{2}$  inch thick. Cut in strips 8 inches long and  $\frac{3}{4}$  inch wide. Put on board, cover, and let rise. Twist several times and pinch ends together. Fry (p. 105). *Makes 3 dozen.*

### FRIED BREAD or DOUGHBOYS

Roll bread dough (p. 70)  $\frac{1}{8}$  inch thick. Cut in strips  $2\frac{1}{2}$  inches wide and cut strips in squares or in diamond-shaped pieces. Cover and let stand 10 to 15 minutes. Fry like doughnuts. Serve in place of hot rolls or with maple sirup or Mock Maple Sirup (p. 591) as a breakfast dish or dessert.

### FRENCH CRULLERS

Shape Choux Paste (p. 553) mixture in circles on paper or on a greased broad spatula, using a pastry bag and rose tube. Fry in deep fat (370° F.), drain on crumpled, unglazed paper, and sprinkle with powdered sugar.

## CHAPTER 8

# Cereals, Rice, and Macaroni

### COOKED CEREALS

| KIND                                                                  | QUANTITY                           | WATER  | SALT                      | TIME                                |
|-----------------------------------------------------------------------|------------------------------------|--------|---------------------------|-------------------------------------|
| <i>Finely Ground:</i> Cream of Wheat, Farina, Ralston, Wheatena, etc. | $\frac{1}{3}$ to $\frac{1}{2}$ cup | 2 cups | $\frac{3}{4}$ teaspoon    | 30 minutes                          |
| Corn meal, Hominy                                                     |                                    |        |                           | 1-3 hours                           |
| <i>Coarse Cereals:</i> Samp, Pin-head Oatmeal, etc.                   | $\frac{1}{2}$ cup                  | 2 cups | $\frac{1}{2}$ -1 teaspoon | 1-3 hours                           |
| <i>Flaky Cereals:</i> Rolled Oats, Flaked Wheat, etc.                 | $\frac{2}{3}$ cup                  | 2 cups | $\frac{1}{2}$ -1 teaspoon | 30 minutes                          |
| <i>Quick Cooking:</i> Consult directions on package.                  |                                    |        |                           | (Cook overnight in fireless cooker) |

Place double-boiler top containing boiling water over direct heat. Add cereal and salt slowly to rapidly boiling water. Cook until thick, stirring with long-handled wooden spoon. Place over boiling water and finish cooking.

If desired, use milk in place of half or more of the water.

Raisins or dates, stoned and cut in pieces, may be stirred into cereal just before serving.

### FRIED MUSH

Pack cooked cereal in a greased tin. Cover to prevent crust from forming. Chill. Slice  $\frac{1}{2}$  inch thick. Dip in flour. Sauté in butter or bacon fat. Cook slowly, if preferred crisp and dry. If mushes are cooked to fry, use less water in steaming. Serve with maple sirup or Mock Maple Sirup (p. 591).

**Corn Meal or Hominy Cakes.** Make of cooked corn meal or hominy grits. Serve in place of potato or other starchy vegetable.

### TO WASH RICE

Put in strainer, place strainer over bowl nearly full of cold water; rub rice between hands, lift strainer from bowl, and change water. Repeat process three or four times, until water is clear.

### BOILED RICE

$\frac{1}{2}$  cup rice, washed      1 quart boiling water  
1 tablespoon salt

Pick over rice; add slowly to boiling, salted water, so as not to check boiling of water. Boil 20 minutes, or until soft, which may be determined by rubbing a kernel between the fingers. If there is no hard spot in center, rice is done. Old rice absorbs much more water than new rice and takes longer for cooking. Drain in coarse strainer, reserve water, and pour over rice 1 quart hot water; return to kettle in which it was cooked; cover, let stand in warm place to dry off, when each grain will be separate. When stirring rice, always use a fork to avoid breaking kernels. Rice may be soaked overnight in cold water to cover. Save water in which rice was cooked for soups, since it contains valuable minerals and starch which may be used for thickening. Half a cup of uncooked rice increases in bulk to  $1\frac{1}{2}$  cups or more, when boiled.

**Brown Rice** requires longer cooking.

**Wild Rice.** Cook as above, but allow a longer time. Wild rice does not need repeated washing as it is uncoated. Serve plain, or mixed with  $\frac{1}{2}$  cup sliced mushrooms and  $\frac{1}{4}$  cup minced onion cooked in 2 tablespoons butter.

**Rice Ring.** Mix 4 cups cooked rice with  $\frac{1}{4}$  cup melted butter. Pack into buttered 1-quart ring mold. Set in pan of hot water until thoroughly heated. Turn out on serving dish and fill center as desired.

**Rice Timbales.** Pack in slightly buttered, small tin molds. Let stand in hot water 10 minutes.

**Rice Dessert.** Serve hot or cold with cream and confectioners' sugar mixed with ground cinnamon, or with Chocolate (p. 585) or Butterscotch Sauce (p. 584).

**STEAMED RICE**

$\frac{1}{2}$  cup rice                      2 cups boiling water  
1 teaspoon salt

Put salt and water in top of double boiler, place directly over heat and add gradually well-washed rice, stirring with fork to prevent sticking. Boil 5 minutes, cover, place over lower part of double boiler, and steam 45 minutes, or until kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use 1 cup water and steam until rice has absorbed water; then add 1 cup scalded milk and cook until soft.

Use in any of the ways suggested under Boiled Rice (p. 109).

**BOILED RICE, TURKISH STYLE**

1 cup rice, washed                      1 teaspoon butter  
 $1\frac{1}{2}$  cups cold water                       $\frac{1}{2}$  teaspoon salt

Put rice, cold water, butter, and salt in heavy saucepan. Cook, uncovered, until nearly all the water is absorbed. Tuck piece of clean linen (old napkin) carefully over rice. Set on asbestos mat over very low flame and cook until dry.

**Fried Rice.** Sauté uncooked rice in butter until delicately brown. Add water and cook as above.

**RICE WITH CHEESE**

1 quart steamed rice (above)                      Butter  
 $\frac{1}{4}$  pound mild cheese                      Milk  
Cayenne                      Buttered cracker crumbs

Cover bottom of buttered baking dish with rice, dot over with butter, sprinkle with thin shavings of cheese and few grains cayenne. Season more highly if desired. Repeat until rice and cheese are used. Add milk to half depth of contents of dish. Cover with crumbs. Bake in moderate oven (350° F.) until cheese melts and crumbs are brown. *Serves 6.*

**BAKED RICE**

Put 1 quart cooked rice in buttered baking dish. Beat 2 eggs slightly with 2 cups milk, season highly, and pour over rice. Dot with butter, sprinkle with paprika, salt, and pepper, and bake until brown. *Serves 6.*

**CURRIED RICE**

|                            |                         |
|----------------------------|-------------------------|
| 3 cups cooked rice         | 1 teaspoon curry powder |
| 2 egg yolks                | Cayenne                 |
| 1 tablespoon anchovy paste | Salt                    |
| 1 green chili chopped fine |                         |

Mix lightly together with fork. *Serves 6.*

**PARCHED RICE WITH TOMATO SAUCE  
AND CHEESE**

|                      |                                 |
|----------------------|---------------------------------|
| 3 cups cooked rice   | 1 cup Tomato Sauce (p. 230)     |
| 2 tablespoons butter | $\frac{1}{2}$ cup grated cheese |

Melt butter in heavy frying pan, add rice. Cook until rice is slightly brown, stirring lightly with fork. Put into hot serving dish, pour over Tomato Sauce, and sprinkle with cheese, lifting rice with fork, that sauce and cheese may coat each kernel. *Serves 6.*

**RICE À LA RISTON**

|                                              |                                                       |
|----------------------------------------------|-------------------------------------------------------|
| $1\frac{1}{2}$ cups steamed rice<br>(p. 110) | $\frac{1}{2}$ medium-sized cabbage, finely<br>chopped |
| 2 slices bacon, finely<br>chopped            | $\frac{1}{2}$ teaspoon chopped parsley                |
|                                              | $\frac{1}{2}$ cup Veal or Chicken Stock (p. 180, 184) |

Cook cabbage with bacon 30 minutes over slow heat. Add other ingredients, salt and pepper to taste, and cook 15 minutes. *Serves 4.*

**TURKISH PILAF I**

|                                               |                                                                                      |
|-----------------------------------------------|--------------------------------------------------------------------------------------|
| $\frac{1}{2}$ cup rice, washed and drained    | 1 cup boiling water, hot tomato<br>juice, or highly seasoned Brown<br>Stock (p. 178) |
| 2 tablespoons butter, bacon or<br>chicken fat |                                                                                      |
| $1\frac{3}{4}$ cups tomato pulp               |                                                                                      |

Cook rice in butter until brown, add water, and steam until water is absorbed. Add tomato pulp, cook until rice is soft, and season with salt and pepper to taste. *Serves 4 to 6.*

**Turkish Pilaf II.** Heat tomato and stock to boiling point. Strain, add rice, and steam until tender. Stir in butter with fork. Season. Keep uncovered that steam may escape.

**Spanish Rice.** Cook 1 thinly sliced onion in butter before adding rice. Add 1 canned pimiento, cut in strips, and 1 green pepper, par-boiled, seeded, and minced. If desired, add sliced sautéed mushrooms, finely cut celery, bits of cooked meat, etc. Season highly to taste. Sprinkle with grated cheese, if liked.



**CHICKEN PILAF**

|                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| 2 cups hot cooked rice                     | $\frac{1}{2}$ cup diced, cooked chicken |
| 3 tablespoons butter                       | Veal or Chicken Stock (p. 180, 184)     |
| $\frac{1}{2}$ cup fresh or canned tomatoes | highly seasoned                         |
|                                            | Salt and cayenne                        |

Melt butter in omelet pan and add rice. Cook 3 minutes. Add tomatoes, chicken, and enough stock to moisten. Cook 5 minutes and season highly with salt and cayenne. Add more butter if desired.  
*Serves 4.*

**Russian Pilaf.** Use lamb in place of chicken, and add a chicken liver sautéed in butter, then separated into small pieces.

**RICE AND PECAN LOAF**

|                                          |                               |
|------------------------------------------|-------------------------------|
| 1 cup hot boiled rice                    | 1 egg, well beaten            |
| 1 cup pecan nut meats,<br>finely chopped | 1 cup milk                    |
| 1 cup cracker crumbs                     | $1\frac{1}{2}$ teaspoons salt |
|                                          | $\frac{1}{2}$ teaspoon pepper |
|                                          | 1 tablespoon melted butter    |

Combine ingredients, except butter, in order given. Turn into buttered small bread pan. Pour over butter, cover, and bake 1 hour in a moderate oven (350° F.). Serve with Onion Sauce (p. 224).  
*Serves 6.*

**RICE CROQUETTES**

|                                 |                     |
|---------------------------------|---------------------|
| $\frac{1}{2}$ cup rice          | 1 teaspoon salt     |
| $\frac{1}{2}$ cup boiling water | 2 egg yolks         |
| 1 cup scalded milk              | 1 tablespoon butter |

Wash rice, add to water with salt, cover, and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add egg yolks and butter; spread on shallow plate to cool. Shape, egg and crumb, fry, and drain (*see* p. 415). *Makes 6 or more croquettes.*

**Rice and Pimiento Croquettes, Cheese Sauce.** Add 2 tablespoons chopped, canned pimiento to mixture. Egg yolks may be omitted. Shape in cylinders. Serve with Cheese Sauce (p. 223).

**Rice with Jelly.** Shape in balls, roll in crumbs, then shape in nests. Egg and crumb, fry, and drain (*see* p. 415). Put a cube of jelly in each croquette.

**Savory Rice Croquettes.** Add to mixture 1 tablespoon tomato catsup and  $\frac{1}{4}$  teaspoon paprika.

**Sweet Rice Croquettes.** Add to mixture 2 tablespoons powdered sugar and grated rind  $\frac{1}{2}$  lemon. Shape in cylinders.

### RICE AND TOMATO CROQUETTES

|                                                              |                                    |
|--------------------------------------------------------------|------------------------------------|
| $\frac{1}{2}$ cup rice                                       | 2 cloves                           |
| $\frac{3}{4}$ cup Brown Stock (p. 178) or<br>canned consommé | $\frac{1}{4}$ teaspoon peppercorns |
| 2 cups canned tomatoes                                       | 1 teaspoon sugar                   |
| 1 slice onion                                                | 1 egg, slightly beaten             |
| 1 sliced carrot                                              | $\frac{1}{4}$ cup grated cheese    |
| 1 sprig parsley                                              | 1 tablespoon butter                |
| 1 sprig thyme                                                | $\frac{1}{2}$ teaspoon salt        |
|                                                              | Few grains cayenne                 |

Wash rice and steam in stock until rice has absorbed stock. Cook tomatoes 20 minutes, with onion, carrot, parsley, thyme, cloves, peppercorns, and sugar. Rub through a strainer, add to rice, and cook until rice is soft. Remove from fire, add egg, cheese, butter, salt and cayenne. Spread on plate to cool. Shape in cylinder forms, egg and crumb, fry, and drain (*see* p. 415). *Makes 6 or more croquettes.*

### RICE CROUSTÂDES

|                                               |                               |
|-----------------------------------------------|-------------------------------|
| 1 cup rice                                    | 1 egg yolk, slightly beaten   |
| 3 cups Veal or Chicken Stock<br>(p. 180, 184) | Slight grating nutmeg         |
| $\frac{3}{4}$ cup Croquette Sauce (p. 222)    | $\frac{1}{8}$ teaspoon salt   |
|                                               | $\frac{1}{8}$ teaspoon pepper |

Steam rice in stock. Cool, add sauce, egg yolk, and seasonings. Spread mixture 2 inches thick in buttered pan, cover with buttered paper, and place weight on top. Let stand until cold. Turn from pan, cut in rounds, remove centers, leaving cases. Crumb, and fry (*see* p. 415). Use like patty shells for creamed chicken, shrimp, etc. *Makes 12 or more.*

### HOMINY CROQUETTES

|                                 |                                |
|---------------------------------|--------------------------------|
| $\frac{1}{4}$ cup fine hominy   | $\frac{3}{4}$ cup scalded milk |
| $\frac{1}{2}$ cup boiling water | 2 tablespoons butter           |
|                                 | $\frac{1}{2}$ teaspoon salt    |

Steam hominy with water until water is absorbed. Add milk and steam until tender. Add butter and salt. Cool, shape, dip in flour, egg, and crumbs, fry, and drain (*see* p. 415).

**Hominy and Horse-radish Croquettes.** Add  $3\frac{1}{2}$  teaspoons grated horse-radish root to mixture.

**BAKED HOMINY, SOUTHERN STYLE**

|                               |                          |
|-------------------------------|--------------------------|
| $\frac{3}{4}$ cup fine hominy | $\frac{1}{4}$ cup butter |
| 1 teaspoon salt               | 1 tablespoon sugar       |
| 1 cup boiling water           | 1 egg, slightly beaten   |
| 2 cups milk                   |                          |

Mix water and salt and add hominy gradually, while stirring constantly. Bring to boiling point and boil 2 minutes. Cook in double boiler until water is absorbed. Add 1 cup milk, stirring thoroughly, and cook 1 hour. Remove from range and add butter, sugar, egg, and remaining milk. Turn into buttered dish and bake 1 hour in slow oven (325° F.). *Serves 6.*

**MACARONI**

|                                                     |                                                        |
|-----------------------------------------------------|--------------------------------------------------------|
| $\frac{3}{4}$ cup macaroni broken in<br>inch pieces | 2 quarts boiling water (at least)<br>1 tablespoon salt |
|-----------------------------------------------------|--------------------------------------------------------|

Cook macaroni in boiling salted water 15 to 20 minutes or until tender; drain in strainer, pour over it cold water to rinse thoroughly. Add more salt, if needed. Reheat with  $\frac{1}{2}$  cup cream or in White Sauce (p. 222), unless to be used as suggested below. *Serves 4.*

**Baked Macaroni.** Mix with White Sauce, arrange in buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

**Baked Macaroni with Cheese.** Put a layer in buttered baking dish, sprinkle with grated cheese; repeat, pour over White Sauce (p. 222), cover with buttered crumbs, and bake in moderately hot oven (375° F.) until crumbs are brown.

**With Tomato Sauce.** Reheat in Tomato Sauce (p. 230). Sprinkle with grated cheese. Or prepare like Baked Macaroni, using Tomato Sauce in place of White Sauce.

**With Cheese Sauce and Ham.** Reheat in 2 cups Cheese Sauce (p. 223). Sprinkle with paprika and  $\frac{1}{4}$  cup finely chopped cold boiled ham.

**À la Milanaise.** Add 6 mushrooms and 2 slices cooked smoked tongue, cut in strips. Reheat in Italian Tomato Sauce (p. 230) to which has been added  $\frac{1}{2}$  cup grated cheese or sprinkle with cheese.

**Virginia Style.** Put half the macaroni in buttered baking dish, dot over with  $\frac{1}{2}$  tablespoon butter, and sprinkle with  $\frac{1}{2}$  teaspoon

mustard and  $\frac{1}{4}$  cup grated cheese; repeat, pour over White Sauce, cover with 3 tablespoons buttered crumbs, and bake in hot oven ( $400^{\circ}$  F.) until crumbs are brown.

**Baked Macaroni with Chipped Beef.** Cover  $\frac{1}{4}$  pound dried beef (sliced thin and separated into pieces) with hot water, let stand 10 minutes, and drain. Arrange in buttered baking dish alternate layers of macaroni and dried beef, having two of each. Pour over 2 cups White Sauce, cover with crumbs, and bake in hot oven ( $400^{\circ}$  F.) until crumbs are brown.

**Italian Style.** Add  $\frac{1}{2}$  onion stuck with 2 cloves and  $\frac{1}{2}$  tablespoon butter to water in which macaroni is to be cooked. Cook, drain, remove onion, reheat in  $1\frac{1}{2}$  cups Italian Tomato Sauce, and sprinkle thickly with grated Parmesan cheese or pass cheese separately.

### MACARONI TIMBALES

Line slightly buttered small molds with boiled macaroni. Cut strips as long as molds are high, and place close together to line inside of mold. Fill with Chicken (p. 173), or Salmon Force meat (p. 173), or other timbale mixture. Place in pan of hot water on several thicknesses of paper and bake 20 minutes or until firm in moderate oven ( $350^{\circ}$  F.). Cover with brown paper to prevent too rapid browning. Remove from oven, let stand 5 minutes, or set in cold water for a moment and invert on serving dish. Serve with Lobster Sauce (p. 224), Béchamel Sauce (p. 225), or Hollandaise (p. 232).

**Spaghetti Timbales.** Coil long strips of boiled spaghetti around inside of molds.

### MACARONI MOUSSE

|                                  |                                         |
|----------------------------------|-----------------------------------------|
| $1\frac{1}{2}$ cups scalded milk | 1 sweet green pepper, chopped           |
| $\frac{1}{4}$ cup melted butter  | fine                                    |
| 3 eggs, well beaten              | 1 tablespoon chopped onion              |
| 1 pimiento chopped fine          | $\frac{1}{2}$ tablespoon salt           |
| 1 cup cooked elbow               | 1 cup soft bread crumbs                 |
| macaroni                         | $\frac{1}{2}$ cup mild cheese, cut fine |

Combine ingredients in order given, reserving  $\frac{1}{2}$  cup crumbs. Sprinkle top with reserved crumbs. Bake 40 minutes in pan of hot water in moderate oven ( $350^{\circ}$  F.). Add  $\frac{1}{2}$  cup mushrooms, cut in pieces, if desired. *Serves 6.*

**Macaroni Ring.** Bake in ring mold. Turn on platter and fill center with Creamed Mushrooms (p. 445) or Shrimp, etc.



## NOODLES

1 egg      ½ teaspoon salt      Flour

Beat egg slightly, add salt, and flour enough to make very stiff dough. Knead, toss on slightly floured board, and roll paper-thin. Cover with towel and set aside 20 minutes. To use for soup, cut in 3-inch strips, pile strips on each other, and cut in fine shreds. For broad noodles, cut in strips of any desired width. Separate well. Dry. Store in covered jar until needed.

## NOODLES

Cook commercial or homemade noodles 9 to 15 minutes or until tender in very large kettle of boiling, salted water. Drain in colander. Rinse quickly with cold water.

**Sautéed Noodles.** Cook ½ pound noodles. Drain and rinse. Dry thoroughly on towel. Melt 4 tablespoons butter. Add noodles and brown delicately. Serve sprinkled with croûtons or arrange in ring on platter, fill with creamed chicken or other creamed dish.

**Alfredo's Noodles.** Cook ½ pound noodles, drain, rinse, and dry. Melt ¼ pound unsalted butter and add noodles. Turn noodles over and over with fork and spoon until well coated and very hot. Arrange on hot serving dish. Sprinkle thickly with ¼ pound grated Parmesan cheese. Toss together with spoon and fork until cheese melts. *Serves 6.*

**Noodle Ring I.** Arrange well-buttered cooked noodles in ring mold. Set in pan of hot water in oven until ready to serve. Turn out on hot platter.

## NOODLE RING II

|                             |                          |
|-----------------------------|--------------------------|
| 1 package noodles (8-ounce) | ¼ teaspoon pepper        |
| 2 tablespoons butter        | ½ cup hot milk           |
| 1 teaspoon salt             | 3 egg yolks, well beaten |
| 3 egg whites, beaten stiff  |                          |

Cook noodles. Add other ingredients, folding in whites last. Pour into buttered 1½-quart ring mold, set in pan of hot water, and bake in moderately slow oven (325° F.) 30 minutes. Turn onto serving dish. Fill with creamed chicken, or other creamed dish. *Serves 6.*

**With Cheese.** Increase milk to 1 cup. Add 1 cup grated cheese or ½ cup grated cheese with ¾ cup chopped cooked ham, ¼ cup shredded green pepper, and ¼ cup finely cut celery.



**SOUR CREAM NOODLE RING**

- |                                                           |                                  |
|-----------------------------------------------------------|----------------------------------|
| 1 cup cottage cheese                                      | $\frac{1}{2}$ teaspoon salt      |
| 1 cup sour cream                                          | $\frac{1}{8}$ teaspoon pepper    |
| 1 egg                                                     | $\frac{1}{4}$ cup butter, melted |
| $\frac{1}{4}$ pound broad egg noodles, cooked and drained |                                  |

Mix, fill 1-quart ring mold, well buttered, and bake  $1\frac{1}{2}$  hours in slow oven ( $300^{\circ}$  F.). Fill as desired.

**SPAGHETTI**

Prepare large kettle of boiling water. To 4 quarts water add 2 tablespoons salt. Take  $\frac{1}{4}$  pound spaghetti in hand and dip ends in kettle of water. As spaghetti softens it will bend easily, when it may be coiled under the boiling water. Boil 15 to 20 minutes or until just tender. Italian spaghetti will cook in a shorter time. Do not over-cook. Drain in a colander and pour over 1 quart cold water. Serve with Tomato Sauce (p. 230), Italian Sauce, or Napoli Sauce.

**Italian Sauce**

- |                                  |                                          |
|----------------------------------|------------------------------------------|
| 3 pork chops                     | 4 cups tomatoes, cooked <i>or</i> canned |
| 1 small onion, peeled and sliced | Salt, paprika                            |

Cut lean meat in pieces and cook with onion, stirring frequently until well browned. Add tomatoes, salt, and paprika. Bring to boil, simmer very slowly  $2\frac{1}{2}$  hours and force through purée strainer.

**Napoli Sauce**

- |                                        |                                 |
|----------------------------------------|---------------------------------|
| 4 slices bacon                         | $\frac{1}{8}$ teaspoon pepper   |
| 1 sliced onion                         | $\frac{1}{4}$ teaspoon allspice |
| 2 cups tomatoes                        | $\frac{1}{4}$ teaspoon mace     |
| $\frac{1}{2}$ box Italian tomato paste | Few grains cayenne              |
| $\frac{1}{2}$ teaspoon salt            | Bit of bay leaf                 |

Cut bacon in small pieces and try out. Add remaining ingredients, bring gradually to the boiling point, and let simmer 50 minutes.

**SPAGHETTI WITH HAMBURG**

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| $\frac{1}{2}$ pound chopped raw beef | 1 teaspoon Worcestershire        |
| 1 medium-sized onion, chopped        | sauce                            |
| 1 small, sweet red pepper            | 2 cups strained tomato <i>or</i> |
| $\frac{1}{4}$ pound grated cheese    | 2 cans tomato soup               |
| 2 teaspoons salt                     | 1 package spaghetti, boiled      |

Cook pepper and onion in butter. Add meat. Cook until browned. Add other ingredients and cook slowly 1 hour. *Serves 6.*

**ITALIAN SPAGHETTI WITH MEAT BALLS**

|                                                           |                                     |
|-----------------------------------------------------------|-------------------------------------|
| 1 pound beef <i>or</i> pork <i>or</i> half<br>each, cubed | 3 tablespoons parsley, chopped fine |
| 1 tablespoon butter                                       | 1 cup buttered bread crumbs         |
| 1 large can tomatoes                                      | 1 tablespoon scraped onion          |
| 1 can tomato paste                                        | Salt, pepper                        |
| 1 pound meat, chopped                                     | $\frac{1}{4}$ pound spaghetti       |
|                                                           | Parmesan <i>or</i> Roman cheese     |

Brown cubed meat in butter, add tomatoes, strained, and tomato paste. Cover and cook slowly 2 hours, adding water as needed. Remove meat. Mix chopped meat, parsley, bread crumbs, onion, and seasonings, and shape in 1-inch balls. Sauté meat balls in butter and add to sauce. Cook spaghetti and arrange with sauce in layers. Sprinkle thickly with grated cheese. *Serves 6.*

**GNOCCHI À LA ROMANA**

|                              |                                          |
|------------------------------|------------------------------------------|
| $\frac{1}{4}$ cup butter     | 2 cups scalded milk                      |
| $\frac{1}{4}$ cup flour      | 2 egg yolks                              |
| $\frac{1}{4}$ cup cornstarch | $\frac{3}{4}$ cup grated Parmesan cheese |
| $\frac{1}{2}$ teaspoon salt  | Butter                                   |

Melt butter, and when it is bubbling add flour, cornstarch, salt, and milk, gradually. Cook 3 minutes, stirring constantly. Add egg yolks and  $\frac{1}{2}$  cup cheese. Pour into a buttered shallow pan and cool. Turn on a board, cut in squares, diamonds, or strips. Place on a buttered oven-proof platter, put a bit of butter on each, sprinkle with remaining cheese, and brown in hot oven (400° F.) about 15 minutes. *Serves 6.*

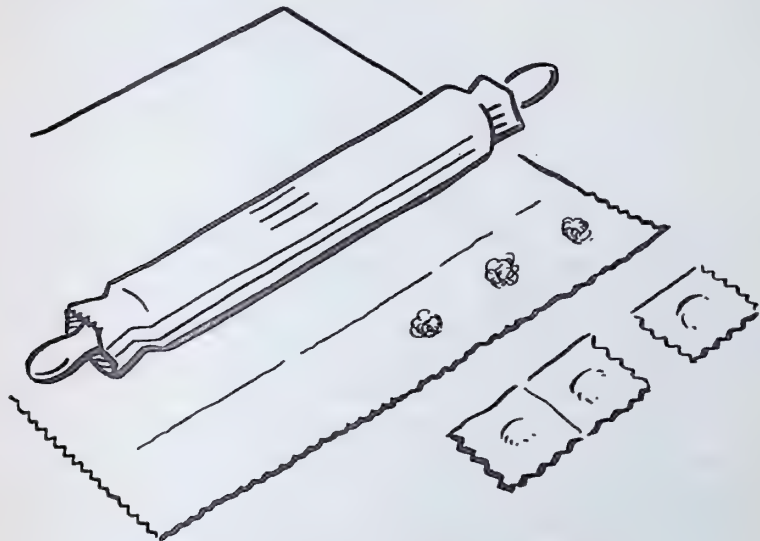
**RAVIOLI**

|                           |                                               |
|---------------------------|-----------------------------------------------|
| $1\frac{1}{2}$ cups flour | Chicken Stock (p. 184) <i>or</i> salted water |
| 1 egg yolk                | Italian Tomato Sauce (p. 230)                 |
| Warm water                | Grated Parmesan cheese                        |

Sift flour on board, make depression in center, drop in egg yolk, and moisten with warm water to a stiff dough. Knead until smooth, cover, and let stand 10 minutes. Roll paper-thin with rolling pin. Cut with pastry jagger into strips 3 inches wide, and as long as paste. Put filling by teaspoonfuls on lower half of strips, 2 inches apart. Fold upper part of strip over lower part. Press along edges and between mixture with tips of thumbs, then cut apart with pastry jagger. Cook 15 to 20 minutes in stock or rapidly boiling water, take up with skimmer, arrange in layers on hot serving dish. Sprinkle each

layer generously with grated Parmesan cheese, and cover with Tomato Sauce. *Serves 6.*

**Spinach and Cheese Filling.** Mix  $\frac{1}{4}$  cup cracker crumbs,  $\frac{1}{2}$  cup grated Parmesan or Romano cheese,  $\frac{1}{4}$  cup chopped cooked spinach, and 1 egg, slightly beaten. Moisten with Chicken Stock and season with salt and pepper.



*Ravioli May Have a Variety of Fillings*

**Meat Filling.** Sauté 1 pork chop until well cooked. Cook 1 lamb brain. Add 1 pound spinach, cooked 5 minutes. Chop all together and add 2 well-beaten eggs. Cook in  $\frac{1}{4}$  cup butter until dry. Season.

### KNÖFLI

2 eggs, slightly beaten

$\frac{1}{4}$  cup milk

1 cup sifted flour

$\frac{1}{4}$  teaspoon salt

Grated cheese

Add milk, flour, and salt to eggs. Place colander over a kettle of boiling water, turn in  $\frac{1}{3}$  of the mixture, and force through colander into water, using a potato masher. As soon as buttons come to top of water, remove with skimmer to hot vegetable dish and sprinkle with salt and grated cheese. Repeat until mixture is used. Let stand in oven 5 minutes, then serve. *Serves 6.*

## CHAPTER 9

# Eggs

*Strictly Fresh Eggs* (sold within a week) are best for poaching, boiling, eggnog, etc. Day-old eggs do not beat as well as eggs three days old.

*Fresh Eggs* (never stored) are satisfactory for omelets, scrambling, egg whites to be beaten stiff, and meringues, etc.

*Storage Eggs* (preserved at low temperature, packed in sawdust, or put down in water glass), if properly cared for after taking out of storage, are satisfactory for most cooking purposes.

**To Test for Freshness.** Hold in front of candle flame in dark room; if egg is fresh, center will look clear. Place in basin of cold water; if egg is fresh, it will sink. A fresh egg has a rough shell.

**To Store.** Except during extreme hot weather, do not store in refrigerator. Buy for a day or two at a time and store at room temperature, especially if eggs are to be beaten. Do not wash until just before using.

**To Put Down in Water Glass.** Use strictly fresh eggs bought from a reliable source during May, June, and July, when eggs are plentiful and cheap. Wipe off with clean flannel cloth but do not wash. Place upright, small end down, in a large stone crock. Use 1 pound water glass or liquid sodium silicate to 10 quarts of cooled boiled water and pour over eggs.

**To Beat Whites.** Separate whites from yolks. Be sure no small particle of yolk remains with whites. Have eggs at room temperature to obtain maximum volume. Thin whites beat to a larger volume than heavy ones. Select a deep bowl with rounded bottom and sides that flare only slightly. Have it small enough so that whites are at least 1 inch deep but large enough to hold beater properly. Add a few grains of salt. Beat with rotary beater or electric beater. Thin wires or blades tend to give a finer foam. Beat until stiff but not dry for the best leavening result; if beaten until dry, some of the elasticity is lost.



**BOILED EGGS I**

Have ready a saucepan containing boiling water deep enough to cover completely the number of eggs to be cooked. Slip each egg carefully into water with tablespoon. Place over low heat or over hot water so that water surrounding eggs will not boil. If thermometer is used, keep water at 175° to 185° F. Cook 5 to 8 minutes for soft-cooked eggs, 30 to 45 minutes for hard-cooked eggs.

**BOILED EGGS II**

Place eggs in pan containing cold water to cover. Bring gradually to boiling point, reduce heat, keeping water just below boiling point, and cook 3 minutes for soft-cooked eggs, 15 minutes for hard-cooked eggs.

**With Cheese Sauce.** Cook eggs 12 minutes, shell carefully, and arrange on serving dish. Pour over Cheese Sauce (p. 223).

**HARD-COOKED EGGS FOR GARNISHING**

Plunge hard-cooked eggs (Method I or II) into cold water as soon as cooked, to prevent, if possible, discoloration of yolks.

**CODDLED EGGS**

Let eggs stand in warm room long enough to lose chill. Put into pan filled with boiling water, cover closely, and remove from heat. Let stand 4 to 8 minutes, according to individual preference.

**EGGS À LA MIMOSA**

Hard-cooked eggs      Chopped lobster, crab meat, *or* ham  
Mayonnaise (p. 468)

Cut eggs in halves, lengthwise. Remove yolks and force through strainer. Fill whites with lobster, crab, or ham. Pour Mayonnaise over it and sprinkle with egg yolk.

**CREAMED EGGS WITH SARDINES**

|                                     |                    |
|-------------------------------------|--------------------|
| 4 tablespoons butter                | ½ box sardines     |
| ¼ cup soft, stale bread crumbs      | ½ teaspoon salt    |
| 1 cup thin cream <i>or</i> top milk | ¼ teaspoon paprika |
| 2 hard-cooked eggs, finely chopped  | ⅛ teaspoon pepper  |

Melt butter, add bread crumbs and cream, and bring to boiling point. Add eggs, sardines freed from skin and bones, and seasonings. Bring to boiling point again and serve at once. *Serves 2 or 3.*



## CREAMED EGGS

|                                |         |
|--------------------------------|---------|
| 4 hard-cooked eggs             | Paprika |
| 1½ cups White Sauce            | Toast   |
| <i>or Cream Sauce (p. 222)</i> |         |

Cut eggs in slices, quarters, or eighths or chop fine. Reheat in sauce. Season. Pour over toast. Vary by adding chopped meat, etc. *Serves 4 to 6.*

**With Pimientos.** Add ¼ cup pimientos, finely cut.

**With Asparagus Tips or Peas.** Chop eggs fine. Add 1 cup asparagus tips or peas.

**Scotch Woodcock.** Chop eggs fine. Season with anchovy paste or saucè.

**À la Sidney.** Use Soubise Sauce (p. 227).

**Curried Eggs.** Use Curry Sauce (p. 223). Season highly.

**À la Goldenrod.** Chop whites fine, add to sauce, and pour over toast. Force yolks through strainer and sprinkle over top. If using Curry Sauce, add ½ cup cooked rice to sauce.

## SCALLOPED EGGS

|                               |                           |
|-------------------------------|---------------------------|
| 4 hard-cooked eggs            | ¾ cup chopped cooked ham, |
| 2 cups White Sauce (p. 222)   | chicken, veal, or fish    |
| ¾ cup buttered cracker crumbs |                           |

Chop eggs fine. Sprinkle bottom of a buttered baking dish with crumbs, cover with half the eggs; cover eggs with sauce and sauce with meat; repeat. Cover with remaining crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown. *Serves 6.*

## EGGS HUNTINGTON

|                               |                               |
|-------------------------------|-------------------------------|
| 4 hard-cooked eggs            | ⅓ cup milk                    |
| 1 tablespoon butter           | ½ teaspoon salt               |
| 1½ tablespoons flour          | Few grains cayenne            |
| ⅓ cup White Stock (p. 180) or | Grated cheese                 |
| canned chicken broth          | ¾ cup buttered cracker crumbs |

Make sauce of butter, flour, stock, and milk; add eggs chopped fine, salt, and cayenne. Fill buttered ramekin dishes with mixture, sprinkle with grated cheese, cover with cracker crumbs, and bake in moderate oven (350° F.) until brown. *Fills 6 ramekins.*

## LUCANIAN EGGS

|                       |                              |
|-----------------------|------------------------------|
| 4 hard-cooked eggs    | 1½ cups White Sauce (p. 222) |
| 1 cup cooked macaroni | Salt and paprika             |
| ½ cup grated cheese   | Onion juice                  |
| Anchovy paste         | ¾ cup buttered crumbs        |

Cut eggs in eighths, add macaroni, cheese, White Sauce, and seasonings. Arrange in buttered baking dish, cover with buttered crumbs, and bake in moderate oven (350° F.) until crumbs are brown. *Serves 6.*

## STUFFED EGGS

Cut hard-cooked eggs in halves, crosswise. Remove yolks and put whites aside in pairs. Mash yolks, moisten with melted butter or Mayonnaise. Season to taste with salt, pepper, lemon juice, mustard, and cayenne. Shape and refill whites.

**Anchovy Stuffed Eggs.** Season with anchovy paste to taste. Omit mustard.

**Deviled Eggs.** Season highly and add 1 teaspoon grated cheese for each egg.

**With Chicken or Veal.** To mashed yolks, add equal amount of cold cooked chicken or veal, finely chopped.

**In Aspic** (p. 496).

**Hot Stuffed Eggs.** Pour over Cream Sauce (p. 222) or Cheese Sauce (p. 223), etc., and reheat. If desired, arrange eggs in baking dish, pour over sauce, sprinkle with grated cheese, and bake until cheese melts. Minced ham or chopped mushrooms may be mixed with egg yolks in stuffing eggs.

## EGGS FARCI (WITH CHICKEN LIVERS)

|                        |                            |
|------------------------|----------------------------|
| 2 chicken livers       | 4 hard-cooked eggs         |
| ½ teaspoon onion juice | 1 teaspoon chopped parsley |
| 2 tablespoons butter   | Tabasco sauce to taste     |
| Salt, pepper           | ¼ cup grated cheese        |

Clean and chop livers, sprinkle with onion juice, and sauté in butter. Add egg yolks rubbed through sieve, parsley, and salt, pepper, and Tabasco sauce to taste. Refill whites with mixture, cover with grated cheese, and bake until cheese melts. Serve in toast rings and pour around Tomato Purée (p. 222).

## POACHED EGGS

Have ready a heavy frying pan  $\frac{2}{3}$  full of boiling salted water, allowing  $\frac{1}{2}$  tablespoon salt to 1 quart of water. For each egg, put buttered muffin ring in the water. Break each egg separately into saucer and carefully slip into a muffin ring. The water should cover the eggs. Cover tightly, turn off heat, and let stand 5 minutes. Carefully remove with buttered skimmer to circular pieces of buttered toast. Let each person season his own egg with butter, salt, and pepper. An egg poacher may be used instead of muffin rings. If desired, serve with Tomato Sauce (p. 230) or Béarnaise Sauce (p. 233).

**À la Benedict.** Split and toast English muffins. Sauté circular pieces of cold boiled ham. Place on muffins. Arrange on each a poached egg. Pour around Hollandaise (p. 232), diluted with cream to pour easily.

**À la Commodore.** Cut slices of bread in circular pieces and sauté in butter. Spread with pâté de foie gras, place a poached egg on each, and pour over Brown Sauce (p. 228) or Béchamel Sauce (p. 225) seasoned with a few drops of vinegar. If desired, garnish with chopped truffles.

**À la Lee.** Cover circular pieces of toast with thin slices of cold boiled ham. Arrange on each a poached egg. Pour around Mushroom Purée (p. 231).

**À la Reine.** Place circular pieces of toast in baking dish. Cover with sliced fresh mushrooms sautéed in butter and moistened with cream. Arrange poached eggs on mushrooms. Pour over all Cream Sauce (p. 222) to which grated Parmesan cheese has been added. Sprinkle with grated cheese and put in oven to brown (375° F.).

**Au Gratin.** Arrange in shallow, buttered baking dish. Sprinkle with grated Parmesan cheese. Pour over Yellow Béchamel (p. 225), Tomato (p. 230), or White Sauce (p. 222). Sprinkle with grated cheese. Brown in oven.

**Waldorf Style.** Arrange on circular pieces of buttered toast, surround with Brown Mushroom Sauce (p. 228 or 232), and place broiled mushroom cap on each egg. *Or*, sprinkle with sautéed chopped mushroom caps, pour around Allemande Sauce (p. 226), and sprinkle with finely chopped parsley.

**À la Victoria.** Sauté circular slices of bread in butter until delicately browned. On each round of bread place a sautéed chicken

liver, over liver a poached egg, and over all pour Tomato Sauce (p. 230). Sprinkle with finely cut chives.

### FRENCH POACHED EGGS

Put 3 pints boiling water in deep saucepan and add 1 tablespoon vinegar and  $\frac{1}{2}$  tablespoon salt. Stir vigorously around and around edge of saucepan (using wooden spoon held in nearly upright position) while water is boiling vigorously.

As soon as well is formed in middle of water, slip in an egg. Lower heat until white is set. Take out with a skimmer and trim to shape evenly. Repeat until the desired number of eggs is prepared. Serve in any of the ways suggested under Poached Eggs.

### EGGS MOLET CHASSEUR

|                                          |                                     |
|------------------------------------------|-------------------------------------|
| 1 shallot                                | $\frac{1}{8}$ teaspoon salt         |
| 1 tablespoon butter                      | Pepper, cayenne                     |
| 3 mushroom caps                          | 4 French poached eggs               |
| $\frac{1}{4}$ cup Chicken Stock (p. 184) | 2 tablespoons cream                 |
| 1 tablespoon sherry                      | 1 tablespoon grated Parmesan cheese |

Chop shallot fine and cook in butter, stirring constantly 3 minutes. Add mushroom caps, peeled and chopped, and cook 5 minutes. Add stock, sherry, salt, pepper, and cayenne to taste. Bring to boiling point and simmer 10 minutes. Turn into shallow, buttered baking dish and place on sauce French poached eggs. Pour over cream, sprinkle with cheese, and let stand in oven until cheese has melted. *Serves 4.*

### EGGS À LA SUISSE

|                         |         |
|-------------------------|---------|
| 4 eggs                  | Salt    |
| $\frac{1}{2}$ cup cream | Pepper  |
| 1 tablespoon butter     | Cayenne |

2 tablespoons grated cheese or crumbs of Roquefort

Melt butter in small omelet pan, add cream. Slip in eggs one at a time, sprinkle with salt, pepper, and a few grains of cayenne. Cook until whites are nearly firm. Sprinkle with cheese. Finish cooking and serve on buttered toast. Strain cream over toast.

**Eggs Poached in White Wine.** Use dry white wine in place of cream. Use cheese or not.

**Sherried Eggs.** Season cream with sherry to taste.



## SHIRRED EGGS

Butter an egg shirrer or individual baking dish. Break an egg into a cup and carefully slip into shirrer. Sprinkle with salt and pepper. Arrange shirrers on tin plate or cooky sheet, and bake in moderate oven (350° F.) until white is firm (about 6 minutes).

**With Crumbs.** Cover bottom and sides of shirrer with fine cracker crumbs. Slip in egg. Cover with buttered crumbs and bake.

**French Style.** Cook on top of stove over *very* low heat.

**In Cream.** For each egg, mix 1½ tablespoons heavy cream, 2 tablespoons fine dry bread crumbs, and ¼ teaspoon salt. Put half mixture in shirrer, slip in egg, cover with remaining mixture, and bake.

**Eggs Mornay.** To one cup White Sauce (p. 222) add ⅓ cup grated cheese, 2 egg yolks, and paprika. Cover eggs with sauce, sprinkle with grated cheese, and bake.

**With Sausages.** Cut 6 small pork sausages in ½-inch pieces, cook in 1 teaspoon melted butter 6 minutes, add 1 cup Tomato Sauce (p. 230) or canned tomato soup and 1 teaspoon finely chopped parsley. Divide in 6 shirrers, break 1 or 2 eggs in each, and bake.

## FLORENTINE EGGS IN CASSEROLES

Cooked spinach, finely chopped

Butter

Grated Parmesan cheese

Eggs

Béchamel Sauce (p. 225) or  
thick cream

Salt

Season spinach with butter and salt. Put 1 tablespoon spinach in each buttered individual casserole, sprinkle with 1 tablespoon grated Parmesan cheese, and slip into each an egg. Cover each egg with 1 tablespoon Béchamel Sauce and ½ tablespoon grated Parmesan cheese. Bake in moderate oven until eggs are set. Serve immediately.

## SCRAMBLED EGGS, COUNTRY STYLE

Heat omelet pan, put in 2 tablespoons butter, and when melted turn in 4 unbeaten eggs. Prick yolks with fork. Cook until white is partially set, then stir and cook until whites are thoroughly set. Season with salt and pepper. *Serves 2 or 3.*



**EGGS BAKED IN TOMATOES**

Cut slice from stem end of tomato, scoop out pulp, slip in an egg, sprinkle with salt and pepper, cover with buttered crumbs, and bake in moderate oven (350° F.) until white is firm.

**SCRAMBLED EGGS**

|                                 |                               |
|---------------------------------|-------------------------------|
| 5 eggs, slightly beaten         | $\frac{1}{2}$ teaspoon salt   |
| $\frac{1}{2}$ cup milk or cream | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons butter            |                               |

Add salt, pepper, and milk to eggs. Heat omelet pan, put in butter, and when melted turn in mixture. Cook over slow heat, or in double boiler (slow but very successful method), until of creamy consistency, constantly stirring and scraping from bottom and sides of pan. Do not overcook. Ham or bacon fat may be used in place of butter. Sour cream is delicious in place of milk. *Serves 4.*

**With Anchovy Toast.** Serve on thin slices of buttered toast spread with anchovy paste.

**With Cottage Cheese.** When nearly done, stir in 1 cup cottage cheese.

**Cream Cheese Rarebit.** Use  $\frac{2}{3}$  cup milk. When nearly done, stir in 1 small cream cheese, worked until soft. Serve on toast.

**À la Turk.** Pour over 6 slices of toast. Put 1 tablespoon Tomato Purée (p. 222) on each piece, and, in the center of purée,  $\frac{1}{2}$  tablespoon chicken liver sautéed in bacon fat.

**À la Buckingham.** Pour scrambled eggs, slightly underdone, over 5 slices Milk Toast (p. 163), sprinkle with 4 tablespoons grated mild cheese. Put in oven to melt cheese and finish cooking eggs.

**New York Style.** Cook 1 cup Julienne-shaped pieces of uncooked ham (1 thin slice) with 2 tablespoons chopped onion and  $1\frac{1}{2}$  tablespoons butter. After 5 minutes, add 5 mushroom caps, peeled and sliced, and cook 5 minutes longer. Serve as border around eggs.

**With Mushrooms.** Sauté 1 cup sliced mushrooms in butter, dredge lightly with flour, add a few drops of onion juice, salt, and cayenne and cook 8 minutes. Add eggs and milk and cook.

**With Tomatoes.** Cook 1 small slice onion in the butter 5 minutes. Add 1 cup tomatoes, 1 teaspoon sugar, salt, and pepper. Cook 5 minutes, then add eggs. Omit milk. If desired, add  $\frac{1}{4}$  cup grated cheese.

**À la Creole.** Make like Scrambled Eggs with Tomatoes, and add 1 tablespoon sliced sautéed mushrooms and 1 tablespoon capers.

**EGGS WITH A HAT**

Cut round out of slice of bread with 2½ inch cooky cutter. Melt butter in heavy pan, sauté both pieces of bread on one side. When beginning to brown, break egg into center of hole, sprinkle with salt and pepper and continue cooking. When brown, turn and brown other side, adding butter as needed. Serve with cut-out piece on top.

**EGGS À LA CARACAS**

|                       |                      |
|-----------------------|----------------------|
| 2 ounces dried beef   | Few grains cinnamon  |
| 1 cup tomatoes        | Few grains cayenne   |
| ¼ cup grated cheese   | 2 tablespoons butter |
| Few drops onion juice | 3 eggs, well beaten  |

Pick over beef and chop fine, add tomatoes, cheese, onion juice, cinnamon, and cayenne. Melt butter, add mixture, and when heated add eggs. Cook like plain Scrambled Eggs. *Serves 4.*

**FRIED EGGS**

Heat omelet pan. Put in 1 tablespoon butter or other cooking fat, such as lard, pork, ham, or bacon fat. When melted, slip in an egg, and cook until the white is firm. If desired, turn and cook the other side. Add more fat as needed, using just enough to keep egg from sticking. During cooking, pour fat over eggs with spoon.

**Buttered Eggs à la Roberts.** Fry 6 eggs in butter on one side only. Arrange on hot platter. Pour around Roberts Sauce (p. 227) and garnish with parsley.

**Buttered Eggs with Tomatoes.** Serve eggs fried in butter on tomato slices seasoned and sautéed in butter.

**Au Beurre Noir.** In same pan, brown 2 tablespoons butter quickly, add 1 tablespoon vinegar, and pour over eggs.

**FLUFFY EGG NEST (Individual)**

|                   |               |
|-------------------|---------------|
| 1 egg             | Salt, pepper  |
| ½ teaspoon butter | 1 slice toast |

Beat egg white until stiff with few grains salt. Arrange on toast. Make depression in center. Put in butter. Slip in egg yolk. Bake in moderately hot oven (375° F.) until set.

**With Chicken or Ham.** Spread toast with deviled ham or minced cooked chicken or ham or any left-over meat, well seasoned.

**With Cheese.** Fold 1 teaspoon grated cheese into egg white.

**EGG SOUFFLÉ**

|                      |                     |
|----------------------|---------------------|
| 2 tablespoons butter | 1 cup scalded cream |
| 2 tablespoons flour  | 4 eggs              |
| 1 cup scalded milk   | 1 teaspoon salt     |
| Few grains cayenne   |                     |

Cream butter, add flour, and pour on gradually milk and cream. Cook in double boiler 5 minutes, add egg yolks, beaten until thick and lemon-colored. Remove from fire, add seasonings, cool slightly, fold in egg whites beaten until stiff. Turn into buttered dish or buttered individual molds, set in pan of hot water, and bake in slow oven (300° F.) 45 to 60 minutes or until firm. Serve from baking dish. *Serves 4 to 6.*

**EGG TIMBALES**

|                        |                               |
|------------------------|-------------------------------|
| 1 tablespoon butter    | 1 tablespoon chopped parsley  |
| 1 tablespoon flour     | $\frac{1}{2}$ teaspoon salt   |
| $\frac{2}{3}$ cup milk | $\frac{1}{8}$ teaspoon pepper |
| 3 eggs                 | Few grains celery salt        |
| Few grains cayenne     |                               |

Make sauce of butter, flour, and milk. Add yolks, beaten until thick and lemon-colored, and seasonings. Beat egg whites until stiff, and cut and fold into first mixture. Turn into buttered molds, set in pan of hot water, and bake in moderate oven (350° F.) until firm (30 to 45 minutes). Turn out and serve with Tomato Cream Sauce (p. 231). *Serves 4.*

**EGG CUSTARD or EGG CUSTARD RING**

|                             |                               |
|-----------------------------|-------------------------------|
| 3 eggs, slightly beaten     | $\frac{1}{8}$ teaspoon pepper |
| $\frac{3}{4}$ cup milk      | Few grains cayenne            |
| $\frac{1}{2}$ teaspoon salt | Few drops onion juice         |

Combine in order given. Strain into buttered timbale molds, set in pan of hot water, and bake in moderate oven (350° F.) until firm. Serve with Tomato Sauce (p. 230), etc. If desired, bake in ring mold and fill center with peas, creamed mushrooms, or other suitable vegetable. *Serves 4.*

**Egg and Pimiento Timbales.** Line well-buttered timbale molds with canned pimientos, fill, cover with buttered paper, and bake. Turn on circular pieces of toast and serve with Bread Sauce (p. 225).

## EGGS À LA PARISIENNE

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 4 eggs                             | 2 tablespoons cooked beets            |
| 1 teaspoon finely chopped truffles | 4 slices toast                        |
| 1 teaspoon finely chopped parsley  | ½ cup Italian Tomato Sauce I (p. 230) |

Butter small timbale molds, sprinkle with truffles, parsley, and cooked beets. Break eggs, slip one into each mold, sprinkle with salt and pepper, set in pan of hot water, and cook until egg is firm. Remove from molds. Serve on toast, with Tomato Sauce. *Serves 4.*

## EGG CUTLETS

- |                           |                                     |
|---------------------------|-------------------------------------|
| 2 tablespoons butter      | ½ teaspoon paprika                  |
| 4 tablespoons bread flour | ¾ teaspoon finely grated onion      |
| 1 cup scalded milk        | 1 tablespoon finely chopped parsley |
| ½ teaspoon salt           | Few gratings nutmeg                 |
| 8 hard-cooked eggs        |                                     |

Melt butter, add flour. Stir until thoroughly blended. Pour milk on gradually and bring to boiling point. Cook over hot water 5 minutes, stirring constantly. Cut eggs in coarse pieces and add to sauce with remaining ingredients, cool, and shape in cutlets. Dip in flour, egg, and crumbs, fry, and drain (*see* p. 415). Make cut at small end of each cutlet and insert a 2-inch piece of macaroni. Serve with White (p. 222) or Béchamel Sauce (p. 225).

## FRENCH OMELET

- |                             |                   |
|-----------------------------|-------------------|
| 4 eggs                      | ½ teaspoon salt   |
| 4 tablespoons milk or cream | ⅛ teaspoon pepper |
| 2 tablespoons butter        |                   |

Use a heavy pan of generous size. If used for omelets alone, it should not need washing each time. Instead, wipe carefully with a dry cloth.

Beat eggs slightly, just enough to blend yolks and whites, add milk and seasonings. Put butter in hot omelet pan; when melted, turn in mixture and reduce heat slightly. As omelet cooks, lift with spatula, letting uncooked part run underneath until whole is of creamy consistency. Increase heat to brown quickly underneath. Omelet should

be creamy inside. Fold and turn on hot platter. Do not try to make too large an omelet: make two or more smaller ones instead.  
*Serves 3.*

**To Vary.** Spread with 2 tablespoons heavy cream, filling, or sauce before folding. Pour sauce around omelet on platter. As filling, use any of the following:

*Asparagus.* Tender tips or short pieces, cooked and reheated in butter.

*Bacon.* Diced and cooked.

*Cauliflower.* Flowerets or small pieces, cooked and reheated in butter.

*Cheese.* 2 tablespoons, grated, in mixture or sprinkled on omelet before folding.

*Chicken.* Cooked and chopped or creamed.

*Fish.* Cooked and flaked. Creamed.

*Ham.* Chopped or cut in narrow strips.

*Jam, Jelly, or Marmalade.* Omit pepper and half the salt. Add 1 tablespoon sugar.

*Kidneys.* Cooked and minced.

*Lobster, Shrimps, or Crab Meat.* Creamed, or heated a few minutes in butter.

*Mushrooms.* Creamed or sautéed.

*Parsley.* Sauté  $\frac{1}{2}$  to 3 teaspoons in butter before pouring in egg mixture.

*Peas.* Cooked. Dressed with butter or cream.

*Peppers.* Sauté 2 tablespoons, cut fine, in butter before pouring in egg mixture.

*Sausages.* Cooked and sliced.

*Tomato.* Spread  $\frac{1}{2}$  cup pulp on omelet before folding.

## BAKED OMELET

1 cup White Sauce (p. 222)

4 eggs

2 tablespoons butter

Cool White Sauce, add yolks beaten until thick and lemon-colored. Fold in whites, beaten until stiff. Melt butter in omelet pan. Pour in egg mixture and bake in slow oven (325° F.). This omelet may be cooked like Puffy Omelet. *Serves 4 to 6.*



## SPECIAL OMELETS

**Sweet Omelet.** Omit pepper. Add  $1\frac{1}{2}$  tablespoons powdered sugar and  $\frac{1}{2}$  teaspoon vanilla. Cook, fold, turn on hot platter, sprinkle with powdered sugar, and score with hot skewer. Serve as dessert.

**Omelet aux Fines Herbes.** Add to egg mixture  $\frac{1}{2}$  teaspoon each finely cut parsley, watercress, chives, and tarragon or chervil. Any of these alone, or any combination, makes a savory omelet.

**Omelet with Croûtons.** Sauté in butter 1 cup stale bread cut in  $\frac{1}{8}$ -inch cubes. Add to mixture.

**Omelet Soubise.** Turn on hot copper or oven-proof platter. Pour over Onion Sauce (p. 224). Sprinkle with 2 tablespoons Parmesan cheese. Bake in hot oven ( $425^{\circ}$  F.) until cheese melts.

**Omelet Boulestin.** Make like Omelet Soubise, using Mushroom Sauce (p. 232).

**Omelet Paysanne.** Cut thinly sliced bacon in small squares to make  $\frac{1}{2}$  cup. Fry until crisp and brown. Drain off fat and in it fry 1 cup  $\frac{1}{4}$ -inch potato cubes until delicately brown, drain, and mix with bacon. Fold half in omelet and surround with remaining bacon and potato.

**Spanish Omelet.** Cook 1 tablespoon finely chopped onion and 1 tablespoon finely cut red or green pepper in 2 tablespoons butter, add  $1\frac{1}{4}$  cups tomatoes, and cook until moisture is nearly evaporated. Add 1 tablespoon sliced mushrooms, 1 tablespoon capers,  $\frac{1}{4}$  teaspoon salt, and a few grains cayenne pepper. Serve in fold and around omelet.

**Oyster Crab Omelet.** Wash and drain 1 cup crabs. Sauté in butter, add egg mixture, and cook.

**Oyster Omelet.** Parboil 1 pint oysters, drain, and cut in halves. Fold in omelet. Pour Cream Sauce around omelet.

## PUFFY OMELET

|                             |                         |
|-----------------------------|-------------------------|
| 4 eggs                      | Few grains pepper       |
| $\frac{1}{2}$ teaspoon salt | 4 tablespoons hot water |
| 1 tablespoon butter         |                         |

Separate yolks from whites. To yolks add salt, pepper, and hot water; beat until thick and lemon-colored. Beat whites until stiff, and

cut and fold them into first mixture until well blended. Heat omelet pan, butter sides and bottom. Turn in mixture, spread evenly, place over heat where it will cook slowly, occasionally turning the pan to brown omelet evenly. When well "puffed" and delicately browned underneath, place pan on center grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like beaten white of egg, it needs longer cooking. Fold, turn on hot platter. Pour around 1½ cups Thin White Sauce (p. 222) if desired or vary in any of the ways suggested under French Omelet.

Milk is sometimes used in place of hot water, but hot water makes a more tender omelet. A few grains baking powder are used by some cooks to hold up an omelet. *Serves 4.*

**Almond Omelet**, Caramel Sauce. Omit pepper. To beaten yolks add 4 tablespoons Caramel Sauce (p. 585) and ½ teaspoon vanilla. Sprinkle buttered omelet pan with ½ cup shredded almonds, turn in mixture, and cook. Pour Caramel Sauce around omelet.

### ORANGE OMELET

|                              |                        |
|------------------------------|------------------------|
| 3 eggs                       | 1 teaspoon lemon juice |
| 2 tablespoons powdered sugar | 2 oranges              |
| Few grains salt              | ½ tablespoon butter    |
| 2½ tablespoons orange juice  |                        |

Follow directions for Puffy Omelet (p. 132). Remove skin from oranges and cut in sections. Fold in ⅓ orange sections, well sprinkled with powdered sugar; put remaining sections around omelet and sprinkle with sugar. *Serves 4.*

### BREAD OMELET

|                          |                     |
|--------------------------|---------------------|
| 4 eggs                   | ¾ teaspoon salt     |
| ½ cup milk               | ⅛ teaspoon pepper   |
| ½ cup stale bread crumbs | 1 tablespoon butter |

Soak bread crumbs 15 minutes in milk, add beaten yolks and seasonings, fold in whites beaten until stiff. Cook like Puffy Omelet. *Serves 4.*

**EGGS WITH SPINACH À LA MARTIN**

- |                                       |                                            |
|---------------------------------------|--------------------------------------------|
| 1 cup chopped cooked spinach          | 1 tablespoon green pepper cut in strips    |
| 3 eggs, slightly beaten               |                                            |
| 3 tablespoons hot water               | 1 tablespoon cooked ham cut in tiny pieces |
| $\frac{1}{8}$ teaspoon salt           | $1\frac{1}{2}$ tablespoons olive oil       |
| 1 tablespoon red pepper cut in strips |                                            |

Add water, salt, peppers, and ham to eggs. Heat omelet pan, put in olive oil, and pour in mixture. Cook like French Omelet. Serve on layer of spinach. Garnish with parsley. *Serves 2.*

**SAVOYARDE OMELET**

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 cup potato cubes                 | 1 tablespoon chopped parsley  |
| $\frac{3}{4}$ tablespoon butter    | 3 tablespoons grated cheese   |
| $\frac{3}{4}$ teaspoon onion juice | 2 tablespoons butter          |
| $\frac{1}{4}$ teaspoon salt        | 5 eggs, unbeaten              |
| Few grains pepper                  | $\frac{2}{3}$ cup cream       |
| $\frac{1}{2}$ cup boiled leeks     | $\frac{1}{2}$ teaspoon salt   |
|                                    | $\frac{1}{8}$ teaspoon pepper |

Wash potatoes and boil without paring until soft. Cool, pare, and cut in  $\frac{1}{2}$ -inch cubes. Put potato cubes with butter, onion juice, salt, and pepper in small frying pan and cook until potatoes are slightly browned. Cut white portion of leeks in thin slices crosswise, cook in boiling, salted water until soft, and drain. Put 2 tablespoons butter in omelet pan. When melted, pour in eggs, to which have been added cream, salt, and pepper. As mixture cooks, prick, and pick up with fork. When about half done, add prepared potatoes, leeks, and parsley. Continue cooking until of creamy consistency. Add cheese, increase heat to brown omelet quickly underneath. Fold and turn on hot serving dish. Garnish with sprig of parsley. *Serves 6.*

**JAPANESE LOBSTER OMELET**

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 teaspoon butter                    | $\frac{1}{8}$ teaspoon sugar   |
| 1 small onion, thinly sliced         | 1 teaspoon Shoyu sauce         |
| 1 stalk celery                       | $\frac{1}{3}$ cup lobster dice |
| 2 tablespoons Chicken Stock (p. 184) | 2 eggs                         |

Cook butter and onion 5 minutes. Add celery, washed, scraped, and thinly sliced crosswise, stock, sugar, Shoyu sauce, and lobster. Butter individual omelet pan, turn in  $\frac{1}{2}$  mixture, add 1 egg, slightly beaten; spread evenly and cook until egg is set. Turn and fold like other omelets; repeat. *Serves 2.*

## CHAPTER 10

# *Cheese and Cheese Dishes*

Store most cheeses, tightly covered, in a cool place. Wrap Stilton in a cloth wrung out of wine and place in a crock. Store Camembert in warm place so that center will be almost liquid when served. Wrap Edam in dampened cheesecloth or wax paper. Use cream cheese soon after unwrapping.

Serve a variety of cheeses with toasted crackers as a dessert. With the very strong-flavored cheeses, serve unsalted crackers or crusty French bread. Serve Edam cheese from its shell with a cheese scoop. Serve cream cheese, put through a ricer or moistened with cream and packed in a mold, with Bar-le-Duc Currants or Strawberry Jam.

Grate cheese as needed to retain its full flavor.

*Club Cheese* is a smooth product made by grinding cheese, seasoning it, and packing it into compact rolls.

*Pasteurized Cheese* is made by melting a blend of cheeses together and packing the product.

There are many varieties of cheese but the most widely available types are:

**Mild Cheeses.** Young American,\* Cottage\* (p. 136), Swiss,\* Cream,\* Neufchâtel, Bel Paese, Edam, Port Salut, Parmesan,\* Pineapple

**Sharp Cheeses.** American\* (aged), Cheddar, Cheshire, Liederkranz

**Strong Cheeses.** Brie, Camembert, Gorgonzola, Roquefort,\* Limburger, Stilton

### COEUR À LA CRÈME

Mash cream cheese and beat in heavy cream, adding just enough so that cheese holds its shape. Pack in small heart-shaped molds lined with wet cheesecloth. Let stand several hours. Unmold. Serve with cream and sugar or strawberry jam.

\* Most common cheeses for cooking.

**COTTAGE CHEESE I**

Heat very slowly 1 quart sour milk to lukewarm over warm water and turn into a strainer lined with cheesecloth. Pour over 1 quart warm water, and as soon as water has drained through pour over another quart; then repeat. Gather cheesecloth around curd to form a bag and let hang until curd is free from whey. Moisten with melted butter and heavy cream, sweet or sour. Add salt to taste.

**COTTAGE CHEESE II**

Heat one quart sweet milk to lukewarm and add one junket tablet reduced to a powder. Let stand in warm place until set. Beat with fork to break curd, turn into bag made of cheesecloth, and let hang until whey has drained from curd. Proceed as with Cottage Cheese I.

**MOLDED CHEESE WITH BAR-LE-DUC**

Mash cream cheese and press into cone-shaped mold. Remove from mold and pour around Bar-le-Duc currants or strawberries. If desired, cover with whipped cream sweetened with powdered sugar before pouring Bar-le-Duc.

**LIPTANER CHEESE**

|                                         |                                     |
|-----------------------------------------|-------------------------------------|
| 6 ounces cream cheese (2 small packets) | 2 anchovies, finely chopped         |
| $\frac{1}{4}$ cup butter                | 1 shallot, finely chopped           |
| 1 teaspoon capers                       | $\frac{1}{2}$ teaspoon caraway seed |
| 1 teaspoon paprika                      | $\frac{1}{2}$ teaspoon salt         |

Work cheese until smooth and blend in butter gradually. Add remaining ingredients. Press into small mold or form in a roll and wrap in wax paper. Let stand in refrigerator to season.

**FROZEN CHEESE ALEXANDRA**

|                                      |                                |
|--------------------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter             | $\frac{1}{2}$ teaspoon paprika |
| $\frac{1}{4}$ pound Roquefort cheese | 1 teaspoon finely cut chives   |
| 1 teaspoon salt                      | 2 tablespoons sherry           |

Cream butter, add cheese, and work until well blended. Add remaining ingredients. Pack in small mold. Freeze in drawer of mechanical refrigerator or surround with finely crushed ice and rock salt, using equal parts, and let stand 1 hour.



**WELSH RAREBIT I**

|                              |                                          |
|------------------------------|------------------------------------------|
| 1 tablespoon butter          | $\frac{1}{2}$ pound soft, mild cheese,   |
| 1 teaspoon cornstarch        | cut in small pieces                      |
| $\frac{1}{2}$ cup thin cream | $\frac{1}{4}$ teaspoon mustard <i>or</i> |
| $\frac{1}{4}$ teaspoon salt  | 1 teaspoon prepared mustard              |
| Few grains cayenne           |                                          |

Melt butter, add cornstarch, and stir until well mixed. Add cream gradually, while stirring constantly, and cook 2 minutes. Add cheese and stir until cheese is melted over low heat or in double boiler. Season and serve on wafer crackers, or bread toasted on one side, rarebit being poured over untoasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy. If stringy, add 1 egg slightly beaten. *Serves 4.*

**With Broiled Tomatoes.** Cut firm tomatoes in thick slices, dot with butter and sprinkle with salt and pepper. Arrange on baking sheet and broil on one side. Remove to hot platter and pour over rarebit.

**WELSH RAREBIT II**

|                                        |                                                             |
|----------------------------------------|-------------------------------------------------------------|
| 1 tablespoon butter                    | $\frac{1}{2}$ teaspoon mustard <i>or</i>                    |
| $\frac{1}{2}$ pound soft, mild cheese, | prepared mustard to taste                                   |
| cut in small pieces                    | Few grains cayenne                                          |
| $\frac{1}{4}$ teaspoon salt            | $\frac{1}{8}$ to $\frac{1}{2}$ cup ale <i>or</i> lager beer |
| 1 egg, slightly beaten                 |                                                             |

Melt butter and add cheese and seasonings. As cheese melts, add ale or beer gradually, stirring constantly, then egg. Serve immediately. *Serves 4.*

**TOMATO RAREBIT**

|                                                |                          |
|------------------------------------------------|--------------------------|
| 2 tablespoons butter                           | 2 cups finely cut cheese |
| 2 tablespoons flour                            | 2 eggs, slightly beaten  |
| $\frac{3}{4}$ cup thin cream                   | Salt                     |
| $\frac{3}{4}$ cup stewed and strained tomatoes | Mustard                  |
| $\frac{1}{8}$ teaspoon soda                    | Cayenne                  |

Melt butter, add flour, pour on cream gradually, and as soon as mixture thickens add tomatoes mixed with soda, cheese, eggs, and seasonings to taste. When cheese melts, serve on toast. *Serves 6 to 8.*

**OYSTER RAREBIT**

|                                                         |                              |
|---------------------------------------------------------|------------------------------|
| 1 cup oysters, parboiled                                | $\frac{1}{2}$ cup thin cream |
| 2 tablespoons butter                                    | $\frac{1}{4}$ teaspoon salt  |
| $\frac{1}{2}$ pound soft, mild cheese,<br>cut in pieces | Few grains cayenne           |
|                                                         | 2 eggs, slightly beaten      |

Melt butter, add cheese and seasonings. Cook until cheese melts, add cream gradually, and eggs. Cook until mixture is smooth and add soft part of oysters. *Serves 4.*

**CHILALY**

|                                        |                                      |
|----------------------------------------|--------------------------------------|
| 1 tablespoon butter                    | $\frac{3}{4}$ pound soft mild cheese |
| 2 tablespoons chopped green pepper     | $\frac{3}{4}$ teaspoon salt          |
| $1\frac{1}{2}$ teaspoons chopped onion | Few grains cayenne                   |
| $\frac{1}{2}$ cup canned tomato pulp   | 2 tablespoons milk                   |
|                                        | 1 egg, slightly beaten               |

Cook butter slowly with pepper and onion 3 minutes, stirring constantly. Add tomatoes (drained) and cook 5 minutes. Add cheese, cut in small pieces, salt, and cayenne. Cook over hot water until cheese melts. Add milk and egg. *Serves 6.*

**ENGLISH MONKEY**

|                             |                                                             |
|-----------------------------|-------------------------------------------------------------|
| 1 cup stale bread crumbs    | $\frac{1}{2}$ cup soft, mild cheese,<br>cut in small pieces |
| 1 cup milk                  |                                                             |
| 1 tablespoon butter         | 1 egg, slightly beaten                                      |
| $\frac{1}{2}$ teaspoon salt | Few grains cayenne                                          |

Soak bread crumbs in milk 15 minutes. Melt butter, add cheese, and when cheese has melted add soaked crumbs, egg, and seasonings. Cook 3 minutes and pour over toasted crackers which have been spread sparingly with butter. *Serves 6.*

**CHEESE TOAST**

|                                 |                              |
|---------------------------------|------------------------------|
| 1 cup Thin White Sauce (p. 222) | 2 egg yolks, slightly beaten |
| $\frac{3}{4}$ cup grated cheese | 2 egg whites, beaten stiff   |
|                                 | 6 slices toast               |

Add cheese to White Sauce. Cook until cheese melts and add yolks. Stir and cook until thick, fold in whites, and pour over toast.

**RUM TUM TIDDY**

- |                                    |                                              |
|------------------------------------|----------------------------------------------|
| $\frac{1}{2}$ pound cheese (sharp) | $\frac{1}{4}$ teaspoon dry mustard <i>or</i> |
| 1 can condensed tomato soup        | prepared mustard to taste                    |
| 1 egg, slightly beaten             |                                              |

Pour tomato soup into a double boiler. Add cheese, grated or diced. Stir constantly until mixture is thoroughly blended. Remove from heat. Add mustard and egg. Mix well and serve hot on crackers or toast. *Serves 4.*

**SHAPLEIGH LUNCHEON CHEESE**

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 2 eggs, slightly beaten        | Few grains cayenne                   |
| 1 cup thin cream               | $\frac{1}{2}$ pound mild cheese, cut |
| 1 tablespoon butter            | in small pieces                      |
| 1 teaspoon salt                | Stale bread cut in finger-           |
| $\frac{1}{2}$ teaspoon mustard | shaped pieces $\frac{1}{3}$ inch     |
| $\frac{1}{4}$ teaspoon paprika | thick                                |

Spread bread with butter. Arrange close together around sides of buttered baking dish, having bread extend about 1 inch above dish; also line bottom of dish. Combine other ingredients, pour into dish, and bake 30 minutes in moderate oven (350° F.). *Serves 4.*

**CHEESE FONDUE**

- |                                         |                             |
|-----------------------------------------|-----------------------------|
| 1 cup scalded milk                      | 1 tablespoon butter         |
| 1 cup soft stale bread crumbs           | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ pound mild cheese, cut in | 2 <i>or</i> 3 egg yolks     |
| small pieces (1 cup)                    | 2 <i>or</i> 3 egg whites    |

Mix first five ingredients, cook over low heat until smooth, stirring with fork. Add yolks beaten until lemon-colored. Cut and fold in whites beaten until stiff. Pour in buttered 1-quart baking dish and bake 20 minutes in moderate oven (350° F.). If liked firmer, bake 30 minutes. *Serves 4.*

**SWISS FONDUE**

- |                                                         |                                                 |
|---------------------------------------------------------|-------------------------------------------------|
| 1 pound Swiss cheese <i>or</i> $\frac{1}{2}$ pound mild | $\frac{3}{4}$ cup white wine <i>or</i> 3 table- |
| American cheese, $\frac{1}{4}$ pound pimiento           | spoons butter and 1 tea-                        |
| cheese, and $\frac{1}{4}$ pound Roquefort cheese        | spoon Worcestershire                            |

Cut cheese in thin slices. Add wine or butter and Worcestershire. Cook and stir in chafing dish or double boiler until smooth. Serve with toasted rusks, crackers, or thick slices of crusty French or Italian bread. *Serves 4.*

**BAKED RAREBIT**

|                               |                                        |
|-------------------------------|----------------------------------------|
| 1 pound soft mild cheese      | $\frac{1}{3}$ teaspoon paprika         |
| 2 tablespoons butter          | $1\frac{1}{2}$ cups milk               |
| $1\frac{3}{4}$ teaspoons salt | $2\frac{1}{2}$ cups stale bread crumbs |
| 3 eggs, slightly beaten       |                                        |

Sprinkle a layer of bread crumbs in buttered baking dish, cover with  $\frac{1}{3}$  cheese, sprinkle with  $\frac{1}{3}$  salt and paprika mixed, and repeat twice, making 3 layers. Add milk to eggs and pour over mixture. Bake 25 minutes in a moderate oven ( $350^{\circ}$  F.). Serve at once. *Serves 6.*

**CHEESE SOUFFLÉ**

|                                    |                                 |
|------------------------------------|---------------------------------|
| 4 tablespoons butter               | $\frac{1}{2}$ teaspoon salt     |
| 2 tablespoons flour                | Few grains cayenne              |
| 1 cup scalded milk or tomato juice | $\frac{1}{2}$ cup grated cheese |
|                                    | 4 egg yolks, beaten very light  |
| 4 egg whites, beaten stiff         |                                 |

Melt butter; add flour. Add gradually scalded milk and stir until thick and smooth. Add salt, cayenne, and cheese. Stir until smooth. Remove from fire; add yolks. Cool; cut and fold in whites. Pour into buttered baking dish or ramekins. Set in pan of hot water. If desired firm, bake 30 to 45 minutes in moderately slow oven ( $325^{\circ}$  F.). If desired soft (French method), bake 20 minutes in moderately hot oven ( $375^{\circ}$  F.). Serve at once. *Serves 4.*

**SWISS CHEESE SOUFFLÉ**

|                                                   |                                          |
|---------------------------------------------------|------------------------------------------|
| 2 eggs                                            | $\frac{1}{2}$ cup grated Parmesan cheese |
| $\frac{2}{3}$ cup thick cream                     | Salt and pepper                          |
| $\frac{1}{2}$ cup Swiss cheese, cut in small dice | Few grains cayenne                       |
| $\frac{1}{2}$ cup grated American cheese          | Few gratings nutmeg                      |

Add eggs to cream and beat slightly, then add cheese and seasonings. If desired, line sides of ramekin dishes with strips of puff paste. Fill dishes  $\frac{2}{3}$  full. Bake 15 minutes in a hot oven ( $450^{\circ}$  F.). *Serves 4.*

**CHEESE CUSTARDS or CHEESE RING**

|                                          |                               |
|------------------------------------------|-------------------------------|
| 4 eggs, slightly beaten                  | $\frac{1}{2}$ teaspoon salt   |
| 1 cup milk                               | $\frac{1}{8}$ teaspoon pepper |
| $2\frac{1}{2}$ tablespoons melted butter | Few grains cayenne            |
| $\frac{1}{2}$ cup grated cheese          | Few drops onion juice         |

Combine ingredients in order given or beat egg yolks until thick and fold in whites last. Turn into buttered ring mold or timbale molds, set in pan of hot water, and bake until brown in slow oven (325° F.). Turn onto hot serving dish and fill center with creamed mushrooms or peas. *Serves 4.*

**Alsatian Tart.** Line baking dish with pastry. Brush with slightly beaten egg white. Pour in custard mixture. Sprinkle with minced bacon. Bake 10 minutes in hot oven (450° F.), then reduce heat to slow (325° F.). Cut in pie-shaped pieces for serving.

**CHEESE CROQUETTES**

|                         |                                                         |
|-------------------------|---------------------------------------------------------|
| 3 tablespoons butter    | 1 cup mild cheese, cut in very small cubes              |
| $\frac{1}{4}$ cup flour | $\frac{1}{2}$ cup grated Swiss, Gruyère, or mild cheese |
| $\frac{2}{3}$ cup milk  | Salt and pepper                                         |
| 2 egg yolks             | Few grains cayenne                                      |

Melt butter, add flour and milk, and stir until thick and smooth. Add unbeaten egg yolks and stir until well mixed. Add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper, and cayenne. Spread in shallow pan and cool. Turn on board, cut in small squares or strips, or shape in cones. Crumb, fry, and drain (*see p. 415*). *Serves 6.*

**PIMIENTOS STUFFED WITH CHEESE**

|                                                |                    |
|------------------------------------------------|--------------------|
| Canned pimientos, thoroughly dried             | Flour for dredging |
| Mild cheese, cut in $\frac{1}{8}$ -inch slices | Butter             |
| Salt and cayenne                               | Buttered toast     |

Sprinkle cheese with salt and cayenne. Insert 1 slice in each pimiento. Dredge with flour and sauté in butter until cheese melts.



**CHEESE AND PEPPER CROQUETTES**

|                                 |                                              |
|---------------------------------|----------------------------------------------|
| 6 small green peppers           | $\frac{1}{4}$ cup grated Gruyère cheese      |
| $1\frac{1}{2}$ teaspoons butter | 1 egg, slightly beaten                       |
| 2 tablespoons flour             | $\frac{1}{2}$ cup soft mild cheese, in cubes |
| $\frac{1}{3}$ cup milk          | $\frac{1}{2}$ teaspoon salt                  |

Pepper and cayenne

Wipe peppers, place in pan, put in hot oven, and turn constantly until skins blister. Take from oven, remove skins, make a lengthwise slit in each, and take out seeds. Melt butter, add flour, stir until well blended. Add milk and bring to boiling point. Add grated cheese and egg. When cheese melts, remove from fire and fold in cheese cubes and season to taste with salt, pepper, and cayenne. Fill peppers with mixture. Dip in egg and crumbs. Fry and drain (*see* p. 415). *Serves 6.*

## CHAPTER 11

# *Appetizers, Canapés, and Cocktails*

Cocktails, hors d'oeuvres, and other appetizers lend interest to a dinner and can transform an otherwise simple menu into one suitable for special occasions. At a cocktail party, there may be a great variety of hors d'oeuvres, hot and cold. The hot ones should be brought in fresh as needed. Trays of canapés should be replenished frequently so that the table is always attractive. Small pastries for cocktail service are on pages 618, 619, and 620.

**In the living room before dinner**, serve canapés or other hors d'oeuvres with alcoholic or nonalcoholic cocktails. Serve nothing difficult to handle with the fingers.

**At the table**, pass a tray of assorted hors d'oeuvres or set at each place an arrangement, such as a Plateau Prunier (p. 155), a fruit cup or a canapé, a seafood cocktail, a fruit or tomato juice cocktail or stuffed tomato, etc.

Some recipes appropriate to this service are in other chapters:

**Fruits** (fruit cocktails and fruit cups, melon, grapefruit, etc.)

**Shellfish** (Clams Union League, Oysters Casino, Oysters à la Astor, Deviled Oysters on Half Shell, etc.)

**Relishes**

### TO SERVE BEFORE DINNER

- I Cheese Wafers, Broiled Cocktail Sausages, Olives, Pecans
- II Caviare in tiny timbale cases, Tomato and Cheese Canapés
- III Tiny Fish Balls, Cucumber and Brown Bread Sandwiches,  
Olives Wrapped in Bacon
- IV Almond and Cream Cheese Canapés, Ripe Olives
- V Cocktail Wafers (packaged), Shrimp, Mayonnaise, or Caviare  
Canapés, Olives Stuffed with Anchovies
- VI Potato Chips, Cocktail Style, Bacon and Peanut Butter Canapés,  
Anchovy Canapés, Pecans

**FOR A COCKTAIL PARTY**

|            |                                              |                                 |
|------------|----------------------------------------------|---------------------------------|
| <b>I</b>   | Cocktail Puffs                               | Cheese Pastries                 |
|            | Toasted Mushroom Sandwiches (rolled)         |                                 |
|            | Bacon Canapés                                | Pâté de Foie Gras Canapés       |
|            | Stuffed Celery                               | Olives                          |
| <b>II</b>  | Tiny Lobster Croquettes                      | Tomato Canapés                  |
|            | Caviare Rissolettes                          | Potato Chips <i>or</i> Pretzels |
|            | Ripe Olives                                  |                                 |
|            |                                              |                                 |
| <b>III</b> | Shrimp and Cauliflower Flowerets, Mayonnaise |                                 |
|            | Parmesan Cheese Canapés                      | Relish Bowl                     |
|            | Toasted Almonds <i>or</i> Pecans             |                                 |
|            |                                              |                                 |
| <b>IV</b>  | Cocktail Fish Balls                          | Egg Canapés                     |
|            | Cheese Cream Puffs                           | Cucumber Sticks                 |
|            | Spiced Nuts                                  |                                 |
|            |                                              |                                 |

**ARTICHOKE HEARTS, MAYONNAISE**

Drain and dry canned artichoke hearts. Serve on toothpicks around bowl of Mayonnaise.

**STUFFED BRUSSELS SPROUTS**

Cut center out of raw sprouts, soak in ice water, drain thoroughly, and fill with cottage or cream cheese seasoned with chopped chives and mixed with heavy cream, sweet or sour.

**STUFFED CARROT SLICES**

Scrape large even carrot. Cut off ends and make hole through center with apple corer. Stuff tightly with highly seasoned cream cheese mixed with finely cut chives. Chill until cheese is firm. Cut in  $\frac{1}{4}$ -inch slices. Use to garnish tray of canapés.

**Stuffed Dill Pickle.** Use large pickle in place of carrot.

### CAULIFLOWER FLOWERETS WITH MAYONNAISE

Separate raw cauliflower into flowerets. Cut off imperfections. Chill thoroughly in salted ice water, drain, and serve around bowl of Mayonnaise. Add 1 tablespoon prepared mustard to the Mayonnaise, if higher seasoning is liked. Serve on toothpicks, if desired.

### STUFFED CELERY

Wash and dry pieces of celery from the heart. Leave on a bit of foliage. If pieces are large, cut in  $1\frac{1}{2}$ -inch lengths after filling. Fill grooves with

- (1) caviare sprinkled with few drops of onion juice
- (2) cream cheese, highly seasoned with French Dressing, tomato catsup, Worcestershire sauce, etc.
- (3) cream cheese blended with Roquefort
- (4) any prepared cheese spread
- (5) chopped raw mushrooms seasoned with Worcestershire sauce and garlic
- (6) blend  $\frac{1}{2}$  pound cream cheese,  $\frac{1}{4}$  pound Roquefort,  $\frac{1}{2}$  cup Mayonnaise, juice of 2 lemons, 1 teaspoon Worcestershire, and paprika and salt to taste

### COCKTAIL GRAPES

Slit Malaga or Tokay grapes and remove seeds. Fill with cream cheese blended with Roquefort and highly seasoned with onion juice, salt, and Worcestershire. Smooth along cut. Chill.

### COCKTAIL MUSHROOMS

Select small mushrooms. Remove skins and stems. Cover with sherry and soak several hours. Drain, fill with highly seasoned lobster paste, Roquefort or caviare, etc. Serve on toothpick.

### COCKTAIL SAUSAGES

Pan-fry or broil individual sausages or tiny balls of sausage meat. Put each on a toothpick. Arrange symmetrically on serving dish or stick in bright red apple or smooth yellow grapefruit.

**CREAM CHEESE BALLS**

Work cream cheese until soft. Add finely chopped walnuts and minced onion, chives, prepared mustard or horse-radish to taste. Shape in balls and serve on toothpicks. If desired roll in finely cut chipped beef.

**COCKTAIL CROQUETTES**

Make Chicken (p. 402) or Lobster Croquettes (p. 284) the size of marbles. Use shrimp or crab meat, if desired. They may be rolled in finely chopped nut meats before frying. Drain thoroughly. Serve very hot on toothpicks.

**OLIVES, PICKLED ONIONS, or OYSTERS  
IN BACON**

Wrap in half slices of bacon. Fasten with toothpicks. Grill in broiler or bake in hot oven. Replace burnt toothpicks with fresh ones or croquette stabs.

**Chicken Livers in Bacon.** Cook livers and proceed as above.

**COCKTAIL PUFFS**

Fill tiny cream puff or éclair shells (p. 553) with shrimp mixed with Mayonnaise, or chopped Chicken, Lobster, Shrimp, or Crab Meat Salad, or with cream cheese blended with Roquefort and beaten with a little heavy cream.

**Cheese Puffs.** Make tiny cream puff shells (p. 553), reducing flour to  $\frac{1}{3}$  cup and adding  $\frac{1}{2}$  cup grated cheese and  $\frac{1}{4}$  teaspoon salt. Fill with unsweetened whipped cream seasoned with Roquefort crumbs and a few drops of onion juice.

**RISSOLETTES**

Roll Plain or Puff Paste (pp. 597, 600)  $\frac{1}{4}$  inch thick and shape with a small round cutter, first dipped in flour. Wet edges of half the pieces and place in center of each 1 teaspoon highly seasoned filling made of chopped meat, sausage, fish, or cheese. Cover with remaining pieces and press together. Bake in very hot oven or fry in deep fat and drain on brown paper.

**Caviare Rissolletes.** Fill with caviare seasoned with lemon juice.



**HAM or DRIED BEEF ROLLS**

Cut thin slices of meat in even pieces. Spread with cream cheese, highly seasoned with prepared mustard, etc. Roll tightly and serve on toothpicks.

**PECAN SURPRISES**

Put perfect pecan halves together in pairs with filling of anchovy paste, *pâté de foie gras* (or Mock Foie Gras, below), or cream cheese canapé spread, etc.

**POTATO CHIPS, COCKTAIL STYLE**

Spread heated potato chips with any of the following or pass chips and bowl of mixture separately. Chips may be dipped directly into bowl or a spoonful may be taken onto plate.

- (1) *Pâté de foie gras* in its jar or Mock *Pâté de Foie Gras*
- (2) Deviled Virginia ham spread softened with Mayonnaise
- (3) A bowl of cream cheese highly seasoned with catsup, etc., and beaten with enough heavy cream to be easily served with a spoon
- (4) Cream cheese thinned with cream or Mayonnaise and mixed with a bit of grated onion or chopped chives (about 2 tablespoons to a small cheese)
- (5) Mash avocado pulp with silver fork and add minced onion, Mayonnaise, celery salt, salt and pepper, to taste.
- (6) Spread with soft cheese or melted butter mixed with a few drops of onion juice and heat in oven.

**MOCK PÂTÉ DE FOIE GRAS**

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| $\frac{1}{2}$ pound liver sausage | 1 tablespoon melted butter        |
| 3-ounce package cream cheese      | 1 tablespoon Worcestershire sauce |
| $\frac{1}{4}$ cup heavy cream     | Salt, pepper, paprika             |

Remove skin from sausage. Mash with fork with cream cheese, cream, and butter. Add seasonings. For variation, add  $\frac{1}{2}$  cup thinly sliced mushrooms sautéed in butter or season with port or with curry powder. Serve from small covered bowl with crisp crackers.

## CANAPÉS

Prepare canapés or pass mixture in a bowl to be spread on thin plain wafers, potato chips, or Corn Crisps (p. 165). If canapés are to be prepared in advance, follow instructions below. Garnishing is not necessary.

**To Prepare.** Cut stale bread  $\frac{1}{4}$  inch thick. Remove crusts and cut in desired shapes — rounds, triangles, oblongs, crescents, etc. Toast or sauté on one side and spread either side with prepared mixture.

**To Garnish.** Arrange borders and lines of chopped, hard-cooked egg white, crumbled hard-cooked egg yolk, chopped olives or parsley, or creamed butter forced through pastry bag and tube. Decorate with bits of truffle, or red or green pimiento, slices of stuffed olive or dots of creamed butter, or strips of pimiento or anchovy. A canapé may be masked with Mayonnaise before being decorated. For holiday parties, use heart or star or shamrock cutter.

If canapés are to be eaten with the fingers, do not garnish with decorations which may fall off.

## CANAPÉ SPREADS

**Savory Butters.** Season creamed butter with anchovy or sardine paste, caviare, chutney, meat or fish pastes, chopped pickle, grated horse-radish, finely cut parsley or watercress. Add French Dressing, prepared mustard, or a few drops of onion or lemon juice or other seasonings to taste.

**Anchovy Butter.** Mash 1 can and add 1 small cream cheese, 2 teaspoons capers,  $\frac{1}{2}$  teaspoon grated onion, Worcestershire to taste, and heavy cream to make of consistency to spread.

**Cheese.** Place thin slice of cheese cut to fit on round or square of bread. Place in oven or under broiler until cheese melts. Serve hot.

**Cream Cheese.** Season highly with salad dressing. Spread on canapés. Sprinkle with finely chopped, stuffed olives, coarsely cut blanched almonds, or coarsely grated fresh coconut.

**Lobster Butter.** Cream  $\frac{1}{2}$  cup butter with coral from cooked lobster.

**Caviare, red or black.** Squeeze a few drops of onion juice on caviare. If desired, sprinkle with finely chopped yolks and whites of hard-cooked eggs.

**Chopped Hard-Cooked Eggs.** Chop whites and put yolks through sieve. Sprinkle on any savory butter.

**Liver Sausage.** Cream with melted butter and season with port.

**Lobster Spread.** Chop lobster meat fine. Add an equal quantity of yolks of hard-cooked eggs forced through a sieve. Moisten with melted butter and heavy cream, using equal parts. Season with salt, cayenne, mustard, and beef extract.

**Mushroom Spread.** Chop mushrooms fine, sauté 5 minutes in butter, sprinkle with flour, add heavy cream to make thick paste. Season (with brandy, if liked). This is especially delicious made into toasted Rolled Sandwiches I (p. 692).

**Pâté de Foie Gras.**

**Smoked Salmon or Smoked Herring** on Anchovy Butter or plain butter.

**Sardine on Peanut Butter.**

**Tomato,** sliced, with small piece of cheese on top. Broil until cheese melts.

**Chicken Liver.** Sauté livers in butter or simmer in chicken stock. Chop with cooked bacon, hard-cooked egg, or mushrooms. Season highly with minced onion, salt, and pepper. Add Mayonnaise as needed. As a variation, keep mixture firm enough to shape in small balls, roll in chopped pickled beets, and serve on toothpicks.

## CAVIARE CANAPÉ

1. Serve caviare in tiny boat-shaped pastries, timbale cases, or in commercial cocktail shells. Sprinkle with few drops lemon juice or bit of minced onion.

2. Cut bread  $\frac{1}{4}$  inch thick in diamond-shaped pieces. Toast on one side. Dip edges in melted butter, then in finely chopped parsley. Divide top in 4 sections. Put caviare in opposite sections, chopped hard-cooked egg whites in others. Cover egg white with Mayonnaise and garnish with stuffed olive or pearl onion.



### COCKTAIL CHECKERBOARD

Make perfectly square canapés (measured with a ruler) of two sorts in contrasting colors, such as mushroom and smoked salmon or caviare and egg, etc. Arrange like a checkerboard on a large tray. Along the edge place pastry sticks brushed with melted butter and sprinkled with chopped parsley and minced onion.



## BACON CANAPÉS

Toast squares or rounds of bread on one side. Spread untoasted side with bacon preparation and arrange on cooky sheet. Bake in hot oven until bacon is crisp.

1. Spread with peanut butter or tomato catsup or thin slice of tomato. Put three very thin bits of bacon on each. To vary, place a thin slice of cheese under bacon if tomato is used.

2. Mix chopped ripe olives and almonds with minced raw bacon.

3. Mix grated cheese with minced bacon and add a little paprika and mustard. Use thick layer and toast until cheese melts.

## PARMESAN CHEESE CANAPÉS

1 cup grated Parmesan cheese  
 $\frac{2}{3}$  cup heavy cream

Salt and pepper  
 Parsley sprigs

Mix cheese and cream and season. Make canapés (p. 148), using cheese mixture. Bake 6 minutes. Serve hot. *Makes 36 or more.*

## HOT CLAM CANAPÉS

3 dozen clams in shell  
 $\frac{1}{4}$  cup water  
 6 mushroom caps  
 $2\frac{1}{2}$  tablespoons flour  
 $2\frac{1}{2}$  tablespoons butter  
 $\frac{1}{3}$  cup clam liquor

3 tablespoons tomato catsup  
 1 tablespoon lemon juice  
 9 drops Tabasco sauce  
 $\frac{1}{2}$  teaspoon horse-radish  
 1 teaspoon vinegar  
 1 teaspoon salt

Wash clams, changing water several times. Pour over water, cover, and steam until shells are partially opened. Remove clams from shells, reserving soft portions, and strain liquor through a double thickness of cheesecloth. Brush, peel, and chop mushroom caps. Cook with butter 1 minute, add flour, and then pour on clam liquor. Bring to boiling point and add catsup, lemon juice, Tabasco sauce, horse-radish mixed with vinegar, salt, and soft part of clams. Reheat and serve on oval-shaped pieces of toast. *Makes 24 or more.*



**HOT CRAB MEAT or LOBSTER CANAPÉS I**

Spread rounds of toast with creamed butter mixed with an equal quantity of grated cheese and seasoned with salt and pepper. Cover with creamed crab meat or lobster, bake in hot oven until brown, and garnish with thin strips of red pepper.

**HOT CRAB MEAT or LOBSTER CANAPÉS II**

|                                                                         |                                           |
|-------------------------------------------------------------------------|-------------------------------------------|
| 1 egg yolk                                                              | Few grains cayenne                        |
| 1½ tablespoons cream                                                    | ¼ pound cheese, cut in small pieces       |
| ¼ teaspoon salt                                                         | ½ cup finely chopped crab meat or lobster |
| ⅛ teaspoon paprika                                                      |                                           |
| ¼ teaspoon Worcestershire sauce                                         |                                           |
| ¼ cup thick sauce (Thick White Sauce, p. 222, or Velouté Sauce, p. 226) |                                           |

Beat egg yolk with cream, add seasonings and cheese. Cook until smooth, stirring constantly. Make canapés (p. 148), using mixture. Mix lobster or crab and sauce. Spread over cheese layer. Garnish. Serve hot. *Makes 36 or more.*

**DEXTER CANAPÉS**

|                          |                  |
|--------------------------|------------------|
| Anchovy Butter (p. 235)  | Hard-cooked eggs |
| Tomato, in ⅓-inch slices | Green pepper     |
| Mayonnaise               | Olives           |
| Parsley                  |                  |

Spread round pieces of toast with Anchovy Butter. Cover each with a tomato slice; spread with Mayonnaise. Sprinkle with egg yolk, forced through strainer, and finely chopped white. Garnish with ring of green pepper, piece of olive, and parsley.

**FINNAN HADDIE CANAPÉS**

|                                        |                              |
|----------------------------------------|------------------------------|
| 1 cup finnan haddie, soaked and flaked | 2 tablespoons flour          |
| ½ tablespoon finely chopped onion      | ⅔ cup thin cream             |
| 2 chopped mushroom caps                | 2 tablespoons grated cheese  |
| 3 tablespoons butter                   | 2 egg yolks, slightly beaten |
|                                        | Salt and cayenne             |
|                                        | Grated cheese                |
|                                        | Buttered bread crumbs        |

Fry onion and mushrooms in butter 5 minutes. Add flour and, gradually, cream. Bring to boiling point, add cheese, egg yolks, and

finnan haddie. Season. Pile on circular pieces of toast. Sprinkle with cheese and crumbs and bake until brown. *Makes 24 or more.*

### CANAPÉS LORENZO

Season finely chopped crab meat or lobster with salt, cayenne, and lemon juice, moisten with Thick White Sauce (p. 222). Prepare canapés (p. 148) with this mixture. Cream 2 tablespoons butter, add 1 teaspoon egg white; spread over crab mixture. Sprinkle with grated cheese, brown in oven. Garnish with parsley.

### OYSTER AND GRAPEFRUIT COCKTAIL

|                                            |             |
|--------------------------------------------|-------------|
| 6 small raw oysters                        | Lemon juice |
| Tabasco sauce                              | Salt        |
| $\frac{1}{2}$ grapefruit, prepared (p. 58) |             |

Arrange oysters in grapefruit half and season with Tabasco, lemon juice, and salt.

### AVOCADO COCKTAIL

Cut in cubes. Serve in cocktail glasses with any cocktail sauce poured over. Chill thoroughly. A bit of chutney may be added to the sauce. *One large avocado serves 4.*

### CRAB MEAT AND AVOCADO COCKTAIL

Use half crab meat and half cubed avocado pear. Mix with Cocktail Sauce I or III (p. 154). Or serve crab meat mixed with cocktail sauce in half avocado pear.

### CRAB MEAT AND GRAPEFRUIT COCKTAIL

|                                     |                                    |
|-------------------------------------|------------------------------------|
| 3 grapefruit                        | $\frac{1}{4}$ cup grapefruit juice |
| $\frac{1}{2}$ pound fresh crab meat | 1 tablespoon Worcestershire        |
| $\frac{1}{3}$ cup tomato catsup     | sauce                              |
| $\frac{1}{2}$ teaspoon salt         | Few drops Tabasco sauce            |

Cut grapefruit in halves crosswise, remove pulp, and drain. Mix crab meat with grapefruit pulp, add seasonings, chill, and serve in cocktail glasses or in grapefruit skins or baskets (p. 57). *Serves 6 to 8.*

## OYSTER COCKTAIL

Allow 6 to 8 oysters for each cocktail. Mix with any cocktail sauce. Serve in cocktail glasses, thoroughly chilled. If desired, sprinkle with finely chopped celery and garnish with small pieces of red and green pepper.

**Oysters or Cherrystone Clams on the Half Shell.** Serve on deep halves of the shells, and arrange on plates of crushed ice, with  $\frac{1}{4}$  of a lemon or small dish of cocktail sauce in center of each plate. Pass grated horse-radish, Tabasco sauce, or Worcestershire sauce. For service with cocktails, arrange on a large platter or tray and pass cocktail sauce and lemon wedges.

**Lobster, Shrimp, or Scallop.** Allow  $\frac{1}{4}$  to  $\frac{1}{3}$  cup, cooked and cut in pieces, for each serving. Remove black line from shrimp. Clean scallops and cook in shallow pan until they begin to shrivel.

## COCKTAIL SAUCES (for 6)

Mix ingredients thoroughly and chill.

## I

|                                               |                                              |
|-----------------------------------------------|----------------------------------------------|
| 1 teaspoon salt                               | $\frac{1}{2}$ teaspoon dry mustard <i>or</i> |
| $\frac{1}{4}$ teaspoon pepper                 | prepared mustard to taste                    |
| 1 teaspoon chopped parsley                    | 2 tablespoons vinegar                        |
| 1 teaspoon chives, finely cut                 | 8 tablespoons tomato catsup                  |
| $\frac{1}{2}$ teaspoon olive oil              | 1 teaspoon grated horse-radish               |
| $\frac{1}{2}$ teaspoon chopped shallot        | 10 drops Tabasco sauce                       |
| $1\frac{1}{2}$ teaspoons Worcestershire sauce |                                              |

## II

|                                      |                                  |
|--------------------------------------|----------------------------------|
| $\frac{1}{2}$ cup tomato catsup      | 10 drops Tabasco sauce           |
| 3 tablespoons vinegar <i>or</i>      | Salt                             |
| lemon juice                          | 2 teaspoons Worcestershire sauce |
| 2 tablespoons celery, finely chopped |                                  |

## III

|                               |                                     |
|-------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup lemon juice | 1 tablespoon finely chopped shallot |
| 3 tablespoons tomato catsup   | 10 drops Tabasco sauce              |
| Few gratings horse-radish     | Salt to taste                       |

## IV

|                                 |                                              |
|---------------------------------|----------------------------------------------|
| $\frac{1}{2}$ cup tomato catsup | 10 drops Tabasco sauce                       |
| $\frac{1}{2}$ cup sherry        | $\frac{1}{2}$ teaspoon finely chopped olives |
| 4 tablespoons lemon juice       | Salt to taste                                |

**CRAB MEAT COCKTAIL**

|                                |                               |
|--------------------------------|-------------------------------|
| 3 tablespoons lemon juice      | 1 can asparagus tips          |
| 3 tablespoons olive oil        | $\frac{1}{2}$ pound crab meat |
| $\frac{3}{4}$ teaspoon salt    | Mayonnaise (p. 468)           |
| $\frac{1}{8}$ teaspoon paprika | Paprika                       |

Mix lemon juice, olive oil, salt, and paprika. Drain liquid from asparagus tips. Dip one at a time in dressing and arrange 5 stalks inside each cocktail glass. Mix crab meat with remaining dressing and place on the asparagus, with a slight depression in the center. Make a rose of Mayonnaise in the center of the crab meat and sprinkle with paprika. Serve very cold. *Serves 6.*

**SARDINE COCKTAIL**

|                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 small box sardines             | $\frac{1}{2}$ teaspoon Tabasco sauce |
| $\frac{1}{2}$ cup tomato catsup  | Juice 1 lemon                        |
| 2 teaspoons Worcestershire sauce | Salt                                 |

Skin and bone sardines and separate in small pieces. Mix other ingredients, add sardines, chill, and allow for each portion 1 tablespoon on a small crisp lettuce leaf. *Serves 6.*

**PLATEAU PRUNIER**

Arrange two or three scallop or deep oyster shells on each plate. Fill each with hors d'oeuvres such as shrimp, masked with Mayonnaise, Oysters Casino, oysters with cocktail sauce, lobster meat with Mayonnaise or cocktail sauce, etc. On each plate place a Caviare Canapé and a tiny roll, split, buttered, and filled with smoked salmon cut to fit.

**AVOCADO MOUSSE**

|                                                  |                                  |
|--------------------------------------------------|----------------------------------|
| $\frac{1}{2}$ tablespoon gelatin                 | 2 cups mashed avocado pulp       |
| $\frac{1}{2}$ cup cold water                     | 1 teaspoon salt                  |
| $\frac{1}{2}$ cup boiling water or chicken stock | 1 teaspoon onion juice           |
|                                                  | $\frac{1}{2}$ cup cream, whipped |
| $\frac{1}{2}$ cup Mayonnaise                     |                                  |

Sprinkle gelatin over cold water, let stand 5 minutes, and dissolve in boiling water. Let cool, then stir into cream mixed with Mayonnaise. Add avocado, salt, and onion juice and pour into wet ring mold (1 qt.). Let set. Turn out on serving platter and garnish with quartered tomatoes sprinkled with French Dressing. *Serves 8.*

**HORS D'OEUVRE PLATTER**

Serve on any large platter, chop plate, large glass or pottery plate, or on a special hors d'oeuvre dish. A variety may be served (with hot rolls and a beverage) as the main dish at a luncheon. A combination should include at least one hearty hors d'oeuvre, one salad or cooked vegetable, and one highly seasoned relish or appetizer. In addition to the special recipes listed, any of the following are suitable:

**Fish.** Anchovies, herring, smoked salmon, sardines (with wedges of lemon or thin slices of onion), flaked shrimp with Mayonnaise, canned or cooked salmon with Tartare Sauce (p. 239) and cucumber dice, tiny cream puff or pastry shells or boats filled with lobster or shrimp or crab salad.

**Eggs.** Eggs à la Mimosa (p. 121), or hard-cooked egg, sliced, marinated, and sprinkled with finely cut parsley, chives, or cress.

**Appetizers.** Pickled beets finely cut, celery, green or ripe olives, pickled onions, radishes.

**Fruits.** Avocado or melon in thin strips. Cantaloupe with thin slivers of Parma ham.

**Salads and Vegetables (Marinated).** Artichoke bottoms or hearts, fresh okra (boiled), cooked whole string beans or carrot slivers in French Dressing, sprinkled with minced onion and parsley, asparagus tips, cauliflower flowerets, sliced cucumbers, canned or cooked mushrooms, sliced tomatoes (sprinkled with chopped parsley, chives, or cress), mixed vegetable salad.

**CAVIARE, BLACK or RED**

Chill thoroughly. Serve in bowl set in bed of crushed ice or in ice block. Pass thin fingers of dry, unbuttered toast, lemon wedges, finely chopped hard-cooked egg white, hard-cooked egg yolk, crumbled and passed through sieve, and finely minced onion.

Or pass lemon wedges and tiny sandwiches of brown bread filled with very thinly sliced radish.

**To Block Ice.** Freeze ice in mold or use rectangular piece of clear ice and with hot flatirons melt a cavity large enough to hold caviare. Pour water from cavity as rapidly as it forms.



**CAVIARE GRAPES**

Prepare hard-cooked eggs. Cut in half, lengthwise. Mash yolks with melted butter, season highly and refill whites. Arrange caviare over top. Decorate with leaves made of Green Butter (p. 498) put on with pastry bag and tube. Pass thin toast fingers and Mayonnaise mixed with Green Butter.

**CAVIARE FISH**

Remove caviare from can to strainer and pour over hot water to remove some of the oil. Drain thoroughly and season with lemon juice. Brush inside small fish molds sparingly with olive oil and put in shallow pan of crushed ice. Cover bottoms with Aspic Jelly (p. 495) mixture, made from fish or chicken stock. When set, cover body of fish with caviare, and add jelly mixture gradually, by spoonfuls, until molds are full. Chill thoroughly, remove to crisp lettuce leaves, and insert small pieces of truffle to represent eyes.

**CAVIARE RING**

Rinse ring mold in cold water. Sprinkle caviare in it. Fill with Cucumber (p. 492) or Tomato Jelly (p. 492). Let set. Turn out on serving dish and fill center with Mayonnaise or chopped hard-cooked egg mixed with Mayonnaise.

**COQUILLES St. JACQUES**

Fill scallop shells with rich mixture of creamed diced lobster, shrimp, crab meat, and sautéed sliced mushrooms. Sprinkle thickly with grated Parmesan cheese. Put square of butter on each, held with toothpick. Brown in broiler and serve hot with thin brown bread sandwiches. Vary ingredients as desired and season with sherry, if liked.

**SMOKED SALMON**

Serve, sliced thin, with lemon wedges, freshly ground black pepper (in pepper mill) and thin sandwiches of dark bread such as pumpernickel or dark rye bread. *One-fourth pound serves 6.*

**RUSSIAN PANCAKES**

Make thin pancakes, about 4 inches in diameter. Serve with melted butter, black or red caviare, and thick sour cream. Spread pancake with melted butter, put on spoonful of caviare, cover with cream, and top with a second pancake. Serve as a first course or as a supper dish with a light simple dessert or salad to follow.

**SHRIMP, MAYONNAISE**

Arrange whole shrimps in circle on plate. Put spoonful of Mayonnaise in center. Pass small cucumber or radish sandwiches made of brown bread. If served as cocktail accompaniment, arrange shrimp on toothpicks around bowl of Mayonnaise or Mustard Sauce (p. 236) seasoned with sherry to taste.

**SHRIMP MOUSSE**

2 cups cooked shrimp      $\frac{1}{2}$  cup butter  
Salt, celery salt, cayenne, etc.

Put shrimp through food chopper, add to creamed butter, and beat until smooth. Season highly. Pack in small buttered bread pan and bake in moderate oven (350° F.), until firm (about  $\frac{1}{2}$  hour). Chill, slice or leave whole, and arrange on serving dish with garnish of cucumbers. Pass Melba toast or Corn Crisps. *Serves 4 or more.*

**STUFFED TOMATOES**

Select small, very ripe tomatoes. Peel, scoop out center, and chill. Stuff with caviare, mixed vegetable salad, chicken, lobster, or crab meat salad. Serve on small lettuce leaf.

**TOMATO AND COTTAGE CHEESE**

Peel small, ripe tomatoes. Arrange halves on lettuce, top with scoop of cottage cheese. Pour over Russian Dressing.

**CLAM AND TOMATO COCKTAIL**

Mix  $\frac{2}{3}$  clam juice and  $\frac{1}{3}$  tomato juice. Season to taste with lemon juice, Tabasco sauce, and celery salt.

**HORNS OF PLENTY**

Cut smoked salmon in thin slices, crosswise of fish. Shape in forms of horns of plenty. Fill with caviare seasoned with a few drops of lemon juice or with finely chopped cucumber or highly seasoned cream cheese. Cooked ham or dried beef may be substituted for salmon.

**LAITUE SUÉDOISE**

Mix 1 cup finely shredded cabbage,  $\frac{1}{2}$  cup finely cut celery, 1 green pepper (from which seeds have been removed) finely chopped,  $\frac{1}{2}$  tablespoon brown sugar,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon mustard seed. Moisten with French Dressing (p. 464), chill, and allow for each portion 1 tablespoon on small, crisp lettuce leaf.

**THREE-FRUIT COCKTAIL**

|                                         |                                 |
|-----------------------------------------|---------------------------------|
| 5 tablespoons grapefruit juice          | Few grains salt                 |
| 2 tablespoons orange juice              | $\frac{1}{2}$ cup charged water |
| 1 tablespoon lemon juice                | 4 sprigs mint                   |
| 3 level tablespoons Sugar Sirup (p. 43) | Crushed ice                     |

Mix ingredients thoroughly in a cocktail shaker. Put crushed ice in 4 cocktail glasses, pour in mixture, and serve at once. Garnish each glass with a sprig of mint. *Serves 4.*

**CRANBERRY JUICE COCKTAIL**

|                    |                                     |
|--------------------|-------------------------------------|
| 2 cups cranberries | $\frac{1}{4}$ cup sugar             |
| 2 cups water       | 2 tablespoons lemon or orange juice |

Cook the cranberries in water until the skins burst. Put through sieve lined with wet cheesecloth. Add sugar and stir over low heat until the sugar is dissolved. Add lemon or orange juice. Serve ice cold in small glasses. *Serves 4.*

**GRAPE JUICE COCKTAIL**

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| 2 tablespoons Sugar Sirup (p. 43) | $\frac{1}{3}$ cup white grape juice |
| $\frac{1}{4}$ cup orange juice    | $\frac{1}{3}$ cup charged water     |
| Crushed ice                       |                                     |

Mix ingredients thoroughly in cocktail shaker. Put crushed ice in cocktail glasses, pour in the mixture, and serve at once. *Serves 4.*

**LIME JUICE COCKTAIL**

|                            |                                   |
|----------------------------|-----------------------------------|
| 2 tablespoons lime juice   | 2 tablespoons Sugar Sirup (p. 43) |
| 2 tablespoons orange juice | $\frac{2}{3}$ cup ginger ale      |
|                            | Crushed ice                       |

Mix ingredients in cocktail shaker, pour over crushed ice in cocktail glasses, and serve at once. *Serves 4.*

**RHUBARB COCKTAIL**

|                                   |                           |
|-----------------------------------|---------------------------|
| $\frac{1}{2}$ cup rhubarb juice   | 1 tablespoon lemon juice  |
| $\frac{1}{4}$ cup pineapple sirup | $\frac{1}{4}$ cup Seltzer |
| 1 tablespoon orange juice         | Crushed ice               |

Cook pink rhubarb cut in small pieces with an equal measure of water until rhubarb is soft. Strain, measure, add  $\frac{1}{3}$  as much sugar, and boil 2 minutes. To  $\frac{1}{2}$  cup of this rhubarb juice add sirup taken from a jar of pineapple, orange and lemon juice, and Seltzer. Mix in cocktail shaker. Put crushed ice in cocktail glasses, pour in mixture, and serve at once. *Serves 4.*

**CLAM JUICE COCKTAIL**

|                                          |                             |
|------------------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ dozen clams in the shell | 1 tablespoon powdered sugar |
| 3 tablespoons water                      | Few grains celery salt      |
| $\frac{1}{3}$ cup catsup                 | 1 cup clam juice            |
| 3 drops Tabasco sauce                    | Finely crushed ice          |
| 2 tablespoons lemon juice                | Celery salt                 |

Wash clams thoroughly, put in saucepan with 3 tablespoons water, cover, cook until shells open. Remove clams from shell to obtain all the liquor; strain through double thickness of cheesecloth. Mix catsup with seasonings, strain through fine strainer, add to clam juice, shake with crushed ice, and put in cocktail glasses, adding a dash of celery salt to each glass. *Serves 4 to 6.*

**Quick Clam Juice Cocktail.** Use canned clam juice and season as above.

**SAUERKRAUT JUICE COCKTAIL**

Add lemon juice to taste to sauerkraut juice. Serve very cold.

**TOMATO JUICE COCKTAIL**

|                            |                                                             |
|----------------------------|-------------------------------------------------------------|
| 2 cups tomato juice        | 2 slices onion, making 2 teaspoons<br>when grated or minced |
| 2 tablespoons mild vinegar |                                                             |
| 4 teaspoons sugar          | 2 tablespoons lemon juice                                   |
| Bit of bay leaf            | 2 bruised celery stalks                                     |

Mix ingredients, let stand 15 minutes. Strain through cheesecloth. Chill. *Serves 4.*

**ICED FRUIT SOUP**

|                                    |                                                |
|------------------------------------|------------------------------------------------|
| 1 cup orange juice                 | 1 cup canned pineapple juice                   |
| $\frac{3}{4}$ cup grapefruit juice | 1 tablespoon arrowroot <i>or</i><br>cornstarch |
| 5 cloves                           |                                                |
| 2-inch piece of cinnamon           | $\frac{1}{3}$ cup cold water                   |
| $\frac{1}{8}$ teaspoon salt        | $\frac{1}{4}$ cup sugar                        |

Add cloves and cinnamon to orange and grapefruit juices. Let stand several hours or overnight in a cool place. Bring pineapple juice to boiling point. Add arrowroot or cornstarch mixed with cold water. Cook 3 minutes, add sugar, salt, and fruit juices. Strain, pack in ice and salt, or in drawer of refrigerator until very cold. *Serves 4 to 6.*



## CHAPTER 12

# *Toasts; Soup and Salad Accompaniments*

### TOAST

Cut stale bread in  $\frac{1}{4}$ -inch slices or according to taste. Remove crusts or not. Toast. Butter evenly or serve unbuttered. Set in oven for a moment to reheat. Do not pile compactly or toast will become moist.

**For crisp toast**, cut thin and let dry out. Toast slowly.

**For soft toast**, toast quickly in electric toaster or broiler.

**Cinnamon Toast.** Spread with butter and sprinkle with sugar mixed with cinnamon, using 3 parts sugar to 1 part cinnamon. Let stand in oven until sugar has melted. *Or*, toast one side, spread untoasted side as above, and toast, buttered side up, until mixture is melted.

**Butterscotch or Maple Toast.** Make like Cinnamon Toast but sprinkle with brown sugar or soft maple sugar.

### MELBA TOAST

Cut stale bread in very thin slices. It will slice more easily if chilled overnight in refrigerator. Let dry in warming oven. Arrange in dripping pan. Bake in slow oven (325° F.) until thoroughly dried out and delicately brown. Serve unbuttered or brush lightly with melted butter.

### ORANGE TOAST

Cut stale bread in  $\frac{1}{4}$ -inch slices, remove crusts, and cut in 3 pieces crosswise. Toast one side, brush other side with melted butter, and sprinkle with  $\frac{1}{2}$  cup sugar to which has been added  $\frac{1}{4}$  cup grated orange rind and 2 tablespoons orange juice. Toast in broiler until mixture bubbles. Serve hot.

## TOAST BUNS

Cut bread in slices 2 inches thick. Remove crusts. Cut each slice in half. Brush entire surface generously with melted butter. Brown in hot oven, turning as necessary.

**Toasted Cheese Buns.** Instead of butter, spread with prepared cheese, such as pimiento-cheese spread.

## TOASTED ENGLISH MUFFINS

Split English Muffins (baker's or homemade, p. 85) or pull apart with fork. Brush cut side generously with melted butter. Toast in broiler, buttered side only. Serve hot with jam or marmalade.

**With Cheese.** Sprinkle with grated cheese before toasting, or put a thin round slice of soft cheese on each.

## CROUSTÂDES OF BREAD

Cut stale bread in 2-inch slices, then in diamonds, squares, or circles. Remove centers, leaving cases. Brush over with melted butter, and brown in oven, or fry in deep fat (390° F.). Fill with creamed chicken or other creamed dish.

**Dresden Patties.** Before frying, dip in egg, slightly beaten, diluted with 2 tablespoons milk to each egg and seasoned with salt. Soak thoroughly. Drain and fry in deep fat.

## MILK TOAST

|                                        |                             |
|----------------------------------------|-----------------------------|
| 1 pint scalded milk                    | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons butter                   | 4 tablespoons cold water    |
| $2\frac{1}{2}$ tablespoons bread flour | 6 slices dry toast          |

Add cold water gradually to flour to make a smooth, thin paste. Add part of milk, stirring constantly until thickened. When smooth, add rest of milk, cover, and cook 20 minutes; then add salt and butter in small pieces. Dip slices of toast separately in sauce; when soft, remove to serving dish. Pour remaining sauce over all. Any thin white sauce may be used. *Serves 4 to 6.*

**Cream Toast.** Use cream in place of milk. Omit butter.

**Brown Bread Milk Toast.** Use brown bread. Dry in oven before toasting.

**FRENCH or GERMAN TOAST**

|                             |                     |
|-----------------------------|---------------------|
| 3 eggs                      | 2 tablespoons sugar |
| $\frac{1}{2}$ teaspoon salt | 1 cup milk          |
| 6 slices stale bread        |                     |

Beat eggs slightly, add salt, sugar, and milk; strain into a shallow dish. Soak bread in mixture until soft. Cook on hot, well-greased griddle or in frying pan; brown on one side, turn and brown other side. Serve for breakfast or luncheon, with jam or marmalade, or with a sauce for dessert. *Serves 3 to 6.*

**Dresden Sandwiches, Roxbury Sauce.** Cut bread  $\frac{1}{4}$ -inch thick. Cut slices in halves. When cooked, put together with jam or marmalade and serve with Roxbury Sauce (p. 594).

**BREWIS**

Break stale bits or slices of brown and white bread in small pieces, allowing  $1\frac{1}{2}$  cups brown bread to  $\frac{1}{2}$  cup white bread. Butter a hot frying pan, put in bread, and cover with equal parts milk and water. Cook until soft; add butter and salt to taste.

**BUTTERED FRENCH LOAF**

Cut loaf of French bread in thick slices, diagonally, but not cutting quite through. If garlic flavor is liked, put clove of garlic in bowl of butter and let stand 15 minutes before using. Spread creamed butter between slices. Set in hot oven (400° F.) until thoroughly heated. Serve hot.

**PULLED BREAD**

Remove crusts from a long loaf of freshly baked water bread. Pull the bread apart until the pieces are the desired size and length, which is best accomplished by using two 3-tined forks. Cook in slow oven until delicately browned and thoroughly dried. A baker's French loaf may be used for pulled bread if homemade is not at hand.

**TOASTED FROMAGE ROLLS**

Cut fresh bread in as thin slices as possible, using a very sharp knife, and remove crusts. Work butter until creamy, add an equal measure of grated cheese, and work until thoroughly blended.

Season with salt and paprika. Spread bread with mixture and roll each piece separately. Toast. Serve hot.

### TOASTED CASSAVA CAKES

Arrange cassava cakes on cooky sheet. Brush generously with melted butter. Heat in oven until delicately brown. If desired, fold double, while warm.

### CORN CRISPS

|                                                |                                          |
|------------------------------------------------|------------------------------------------|
| $\frac{7}{8}$ cup water ground white corn meal | $2\frac{1}{2}$ tablespoons melted butter |
| 1 cup boiling water                            | $\frac{1}{2}$ teaspoon salt              |

Add corn meal gradually to boiling water and when smooth add butter and salt. Spread  $\frac{1}{8}$  inch thick on buttered inverted dripping pan or drop from spoon on buttered cooky sheet. Spread thin with spatula dipped in cold water. For variation, sprinkle generously with celery seed. Bake in moderate oven (350° F.) until browned. *Makes 60 to 72 crisps.*

**Rolled Corn Crisps.** Remove from oven just before browning. Roll over with spatula to form cones. Return to oven and bake until delicately brown. If desired, fill to use in place of canapés.

### TOASTED CRACKERS

Split common crackers. Spread with butter, allowing  $\frac{1}{4}$  teaspoon butter to each half cracker. Arrange in pan and bake until delicately browned. Saltines or other thin crackers may be used without splitting.

### SOUFLÉD CRACKERS

Split common crackers and soak in ice water to cover, 8 minutes. Drain. Dot over with butter and bake in hot oven (500° F.) until puffed, and then reduce heat (375° F.) until browned (about 45 minutes).

### CHEESE CRACKERS

Arrange thin crackers or saltines in pan. Brush over with melted butter, sprinkle with grated cheese, and bake until cheese melts.

**PIMIENTO CHEESE WAFERS**

Mash a pimiento cream cheese, moisten with cream, and force through a pastry bag and tube on unsweetened wafer crackers. If a pimiento cream cheese is not obtainable, add 1 tablespoon finely chopped canned pimiento and a few grains salt to 1 large cream cheese.

**ROQUEFORT CRACKERS**

|                                      |                       |
|--------------------------------------|-----------------------|
| $\frac{1}{4}$ cup butter             | Few drops onion juice |
| 1 tablespoon Roquefort cheese crumbs | Wafers                |

Cream butter, add cheese and onion juice. Spread wafers generously with mixture, cover with wafers, and press lightly together.

**SHERRIED CHEESE CRACKERS**

|                            |                             |
|----------------------------|-----------------------------|
| $\frac{1}{2}$ pound cheese | 1 teaspoon prepared mustard |
| 3 tablespoons sherry       | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons cream        | Few grains cayenne          |
| 2 tablespoons butter       | Unsweetened wafers          |

Cut cheese in pieces and force through food chopper. Add wine, cream, butter worked until creamy, and seasonings. Force mixture through pastry bag and tube onto wafers.

**ITALIAN BREAD STICKS**

Cut or break bread sticks in pieces about 5 inches long. Heat in oven.

**CHEESE STICKS**

Cut bread sticks in halves lengthwise, spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

**CHEESE STRAWS**

Roll Puff or Plain Paste  $\frac{1}{4}$  inch thick, sprinkle half with grated cheese to which has been added few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat, and roll out  $\frac{1}{4}$  inch thick. Sprinkle with cheese and proceed as before; repeat twice. Cut in strips 5 inches long and  $\frac{1}{4}$  inch wide. Bake 8 minutes in hot oven (450° F.). Use Parmesan cheese or equal parts of Parmesan and Edam cheese. Pile log-cabin fashion.



**CHEESE PASTRIES**

Sprinkle small rounds or oblongs of pastry (Puff or Plain) with grated cheese before baking.

**CHEESE WAFERS**

|                                     |                                |
|-------------------------------------|--------------------------------|
| 4 ounces old sharp cheese <i>or</i> | $\frac{1}{4}$ cup butter       |
| 1 roll processed sharp cheese       | $\frac{1}{2}$ cup pastry flour |

Put ingredients through food chopper 3 times or cream butter and cheese together and blend in flour. Chill 2 hours. Roll thin on floured board or pastry cloth. Cut out in any desired shape. Place on unbuttered cooky sheet. Chill. Bake in hot oven (400° F.) until delicately brown (5 minutes). It is important to work quickly during the rolling and cutting process. *Makes 30 small wafers.*

**Cheese Shortbreads.** Shape in small rounds size of a half dollar and  $\frac{1}{2}$  inch thick. Bake in hot oven (400° F.). Serve hot.

## CHAPTER 13

# *Soup Garnishes*

### CROÛTONS

Cut stale bread in  $\frac{1}{3}$ -inch slices, remove crusts, and cut in small even cubes. Sauté in small quantity of melted butter, turning frequently, to brown all sides equally. Drain on soft paper. *Or*, spread bread thinly with butter before cutting in cubes, arrange in baking pan, and bake until delicately brown.

### PARKER HOUSE CROÛTONS

|                                      |                                           |
|--------------------------------------|-------------------------------------------|
| 2 tablespoons unsalted butter        | 1 egg yolk                                |
| 4 tablespoons grated Parmesan cheese | $\frac{1}{3}$ -inch slices of stale bread |

Toast bread on one side. Blend butter, cheese, and egg yolk. Spread untoasted side with mixture. Cut in  $\frac{1}{3}$ -inch cubes, and arrange on cookie sheet, toasted side down. Bake until golden brown.

### PASTRY STRIPS

Roll trimmings of Puff Paste and cut in pieces  $\frac{3}{4}$  inch long and  $\frac{1}{8}$  inch wide; fry in deep fat (p. 6) until well browned.

### HOMINY CROÛTONS

Pack hominy mush in buttered small baking-powder box or other cylindrical box. When cold, remove from box, cut in  $\frac{1}{4}$ -inch slices and slice in  $\frac{1}{4}$ -inch cubes. Dip in fine crumbs, egg, and again crumbs, and fry in deep fat (p. 6) at 390° F.

### TAPIOCA GARNISH FOR CONSOMMÉ

For 1 quart consommé, soak 2 tablespoons pearl tapioca overnight in cold water to cover. Drain and cook in boiling water until transparent. Again drain, rinse with cold water, and add to soup. Quick-

cooking tapioca may be added to soup during last 15 minutes of cooking without previous preparation.

### SALTED WHIPPED CREAM

Slightly salt heavy cream, beaten slightly or until stiff. Fold in grated cheese, if desired. Serve small amount on soup.

### PIMIENTO CREAM

|                               |                  |
|-------------------------------|------------------|
| $\frac{1}{2}$ cup heavy cream | Canned pimientos |
| $\frac{1}{2}$ egg white       | Few grains salt  |

Drain pimientos, dry on a towel, and force through sieve to make 2 tablespoons of purée. Beat cream until stiff. Beat egg white until stiff and add to cream. Add purée and salt.

### EGG BALLS I

|                                      |                             |
|--------------------------------------|-----------------------------|
| Yolks 2 hard-cooked eggs             | $\frac{1}{8}$ teaspoon salt |
| 1 raw egg yolk                       | Few grains cayenne          |
| $\frac{1}{2}$ teaspoon melted butter |                             |

Rub yolks through sieve, add seasonings, and moisten with raw egg yolk to make of consistency to handle. Shape in small balls, roll in flour, and sauté in butter.

### EGG BALLS II

|                             |                                               |
|-----------------------------|-----------------------------------------------|
| 1 hard-cooked egg           | Few grains cayenne                            |
| 1 raw egg yolk              | 1 teaspoon heavy cream                        |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{4}$ teaspoon finely chopped parsley |

Rub yolk of hard-cooked egg through sieve, add white finely chopped, and remaining ingredients. Add raw egg yolk to make mixture of right consistency to handle. Shape in small balls and poach in boiling water or stock.

### EGG CUSTARD

|             |                 |                    |
|-------------|-----------------|--------------------|
| 2 egg yolks | Few grains salt | 2 tablespoons milk |
|-------------|-----------------|--------------------|

Beat eggs slightly with fork, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake in moderate oven (350° F.) until firm. Cool, remove from cup, and cut in fancy shapes with French vegetable cutters.

**HARLEQUIN SLICES**

|                    |                  |
|--------------------|------------------|
| 3 egg yolks        | 3 egg whites     |
| 2 tablespoons milk | Few grains salt  |
| Few grains salt    | Chopped truffles |

Beat yolks slightly, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake in moderate oven (350° F.) until firm. Beat egg whites slightly, add salt, and cook same as yolks. Cool, remove from cups, cut in slices, pack in mold in alternate layers, and press with weight. A few truffles may be sprinkled between slices if desired. Remove from mold and cut in slices.

**ROYAL CUSTARD**

|                              |                             |
|------------------------------|-----------------------------|
| 3 egg yolks, slightly beaten | $\frac{1}{8}$ teaspoon salt |
| 1 egg, slightly beaten       | Slight grating nutmeg       |
| $\frac{1}{2}$ cup Consommé   | Few grains cayenne          |

Combine ingredients and bake like Egg Custard.

**CHICKEN CUSTARD**

|                                                  |                           |
|--------------------------------------------------|---------------------------|
| $\frac{1}{4}$ cup chopped breast meat<br>of fowl | 1 egg, slightly beaten    |
| $\frac{1}{4}$ cup Chicken Stock                  | Salt, pepper, celery salt |
| Anchovy essence                                  | Nutmeg                    |

Rub meat through sieve. Add stock, egg, and season to taste. Bake like Egg Custard. Cut in small cubes.

**MACARONI RINGS**

Boil 1 or 2 strips of macaroni or reserve several pieces of boiled macaroni when making a macaroni dish. Keep it in cold water and cut as needed into  $\frac{1}{4}$ -inch slices, making tiny rings.

**NOODLES (p. 116)**

Cut in fancy shapes, using sharp knife or French vegetable cutter; or roll like Jelly Roll, cut in as thin slices as possible, and unroll pieces. Dry, and when needed cook 20 minutes in boiling salted water; drain and add to soup.

**FRITTER BEANS**

|                          |                             |
|--------------------------|-----------------------------|
| 1 egg, beaten till light | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons milk       | $\frac{1}{2}$ cup flour     |

Combine ingredients. Put through colander or pastry tube into deep fat (350° F.) and fry until brown; drain on brown paper.

**CORN DUMPLINGS**

|                                    |                                                 |
|------------------------------------|-------------------------------------------------|
| $\frac{1}{4}$ cup yellow corn meal | 1 egg, slightly beaten                          |
| $\frac{1}{4}$ teaspoon salt        | $\frac{1}{2}$ tablespoon finely chopped onion   |
| $\frac{3}{4}$ cups boiling water   | $\frac{1}{2}$ tablespoon finely chopped parsley |

Combine meal, salt, water, and onion. Cook over hot water 2 hours. Add eggs and parsley. Shape in small balls, roll in flour, and cook 10 minutes in hot soup.

**BUTTER DUMPLINGS**

|                      |                             |
|----------------------|-----------------------------|
| 2 tablespoons butter | $\frac{1}{4}$ teaspoon salt |
| 2 eggs               | 6 tablespoons flour         |

Cream butter, beat in eggs, salt and flour. Drop from teaspoon into simmering soup and cook 5 minutes.

**PUFFS**

When making Cream Puffs (p. 553), reserve some of the mixture and force through pastry bag and tube in very tiny amounts. Flatten points. Bake, or fry in deep fat.

**PÂTE À CHOUX PUFFS**

|                                 |                             |
|---------------------------------|-----------------------------|
| $2\frac{1}{2}$ tablespoons milk | $\frac{1}{8}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon lard     | $\frac{1}{4}$ cup flour     |
| $\frac{1}{2}$ teaspoon butter   | 1 egg, unbeaten             |

Heat butter, lard, and milk to boiling point; add flour and salt; stir vigorously. Remove from fire, add egg, and stir until well mixed. Cool and drop small pieces from tip of teaspoon into deep fat. Fry (p. 6) at 370° F. until brown and crisp, and drain on brown paper.

**Parmesan Pâte à Choux.** Add 2 tablespoons grated Parmesan cheese to mixture.



**QUENELLES**

Shape any forcemeat mixture in small balls or between teaspoons, or by forcing mixture through pastry bag or paper cone onto sheet of buttered paper. Shake from paper into boiling salted water or stock. Cook 10 minutes. Serve as garnish to soups or other dishes, or drain and serve as an entrée with a sauce.

**MOCK QUENELLES**

1 egg, slightly beaten      Cracker dust  
Salt, celery salt, and cayenne

Add cracker dust to egg until mixture is of right consistency to poach. Season. Shape and cook (*see* Quenelles, above).

**FORCEMEAT (Basic Recipe)**

|                                                               |                            |
|---------------------------------------------------------------|----------------------------|
| $\frac{3}{4}$ cup ground meat or fish<br>(cooked or uncooked) | 2 tablespoons minced onion |
| 1 egg white                                                   | Cream                      |
|                                                               | Salt, pepper, paprika      |

Use chicken, veal, clams, oysters, or fish. Combine ingredients, using enough cream to hold mixture together. Shape and cook (*see* Quenelles, above).

**MARROW BALLS**

|                              |                                  |
|------------------------------|----------------------------------|
| 2 tablespoons marrow         | 1 teaspoon parsley, chopped fine |
| 4 tablespoons cracker crumbs | $\frac{3}{4}$ teaspoon salt      |
| 1 egg                        | $\frac{1}{8}$ teaspoon pepper    |
|                              | $\frac{1}{8}$ teaspoon nutmeg    |

Work marrow until creamy. Add other ingredients. Let stand several hours if possible. Shape, cook (*see* Quenelles, above).

**FISH FORCEMEAT I**

|                                           |                                                         |
|-------------------------------------------|---------------------------------------------------------|
| $\frac{1}{4}$ cup fine stale bread crumbs | $\frac{2}{3}$ cup raw fish (bass, halibut, or pickerel) |
| $\frac{1}{4}$ cup milk                    | Salt                                                    |
| 1 egg, well beaten                        |                                                         |

Cook bread and milk to paste, add egg, and fish forced through food chopper and worked until smooth. Season with salt. Shape and cook (*see* Quenelles, above).

# FISH FORCEMEAT II

|                               |                               |
|-------------------------------|-------------------------------|
| $\frac{2}{3}$ cup raw halibut | Pepper                        |
| 1 egg white                   | Cayenne                       |
| Salt                          | $\frac{1}{2}$ cup heavy cream |

Chop fish finely, or force through food chopper. Pound in mortar, adding gradually egg white, and work until smooth. Add seasonings, rub through sieve, and add cream. Shape and cook (*see* Quenelles, p. 172).

# SALMON FORCEMEAT

|                                           |                             |
|-------------------------------------------|-----------------------------|
| $\frac{1}{2}$ cup milk                    | 1 egg, slightly beaten      |
| $\frac{1}{2}$ cup soft stale bread crumbs | 2 tablespoons melted butter |
| $\frac{1}{2}$ cup cold flaked salmon      | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons cream                       | Few grains pepper           |

Cook milk and bread crumbs 10 minutes, add salmon chopped and rubbed through sieve. Add cream, egg, butter, salt, and pepper.

# CHICKEN or VEAL FORCEMEAT I

|                                           |                                         |
|-------------------------------------------|-----------------------------------------|
| $\frac{1}{2}$ cup fine stale bread crumbs | $\frac{2}{3}$ cup breast raw chicken or |
| $\frac{1}{2}$ cup milk                    | $\frac{1}{2}$ pound raw veal            |
| 2 tablespoons butter                      | Salt                                    |
| 1 egg white, beaten stiff                 | Few grains cayenne                      |
| Slight grating nutmeg                     |                                         |

Cook bread and milk to a paste, add butter, egg white, and seasonings; then add chicken or veal, pounded and forced through purée strainer or food chopper. Shape and cook (*see* Quenelles, p. 172).

# CHICKEN FORCEMEAT II

|                                  |                       |
|----------------------------------|-----------------------|
| $\frac{1}{2}$ breast raw chicken | Pepper                |
| 1 egg white                      | Slight grating nutmeg |
| Salt                             | Heavy cream           |

Chop chicken fine or force through food chopper. Pound in mortar, add gradually egg white, and work until smooth; then add heavy cream slowly until of right consistency, which can only be determined by cooking a small ball in boiling salted water. Add seasonings and rub through sieve. Shape and cook (*see* Quenelles, p. 172).

**VEAL FORCEMEAT II**

|                                            |                                   |
|--------------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup finely chopped raw veal  | 1 tablespoon finely chopped onion |
| 2 tablespoons finely chopped fat salt pork | $\frac{1}{2}$ teaspoon salt       |
| $\frac{1}{2}$ cup soft bread crumbs        | $\frac{1}{8}$ teaspoon pepper     |
| 1 tablespoon butter                        | 1 egg, slightly beaten            |

Cook crumbs and butter 3 minutes. Add veal and pork. When well blended, add other ingredients. Shape and cook (*see* Quenelles, p. 172).

**OYSTER or CLAM FORCEMEAT**

|                                                                                      |                                              |
|--------------------------------------------------------------------------------------|----------------------------------------------|
| Fish Forcemeat I (p. 172)                                                            | $\frac{1}{2}$ tablespoon butter              |
| $\frac{1}{4}$ small onion, finely chopped                                            | $\frac{1}{3}$ cup mushrooms, finely chopped  |
| $\frac{1}{3}$ cup soft part of oysters <i>or</i> clams, parboiled and finely chopped | $\frac{1}{3}$ cup Thick White Sauce (p. 222) |
| 1 teaspoon finely chopped parsley                                                    | Salt, pepper, and cayenne                    |

Fry onion 5 minutes in butter. Combine ingredients. Mix thoroughly. Shape and cook (*see* Quenelles, p. 172).

## CHAPTER 14

# *Soups and Chowders*

**Stock** is made from beef, veal, mutton, fish, poultry, or game, separately or in combination. *Brown Stock* is made from beef (lean meat, bone, and fat). *White Stock* is made from chicken or veal. *Fish Stock* is the water in which fish has been cooked or it may be made from fish bones and head, or bits of fish simmered 30 minutes in Court Bouillon (p. 244) and strained. *Vegetable Stock* is the water in which vegetables have been cooked. It contains valuable mineral salts and may replace water in making stock or be used in cream soups in place of stock.

**Bouillon** is usually made of Brown Stock delicately seasoned and cleared. Exception — clam bouillon.

**Consommé** is made from two or more kinds of meat (usually beef, veal, and chicken) highly seasoned, cleared, and strained.

**Broth** is the liquid resulting from simmering meat in water.

**Bisque** is generally made of shellfish, milk, and seasonings. Exception — tomato bisque.

**Cream Soups** are made with the addition of milk or cream to a vegetable or meat foundation. *To bind* the two elements into a smooth uncurdled liquid, melt butter and stir in flour (using quantities as required by recipe), mix well, add to soup, and stir constantly until boiling point is reached.

### TO SERVE SOUP

Serve as the first course for luncheon or dinner or as the main course at a simple luncheon, with sandwiches or crackers and cheese.

For a formal dinner, a clear soup in a flat soup dish is correct but for most dinners in a private house, any soup that is not too hearty is appropriate, served in bouillon or cream soup cups. For luncheon or supper, serve chowders in deep pottery bowls.

## CANNED SOUPS

Experiment with canned soups to improve the flavor and give a "homemade" taste. Canned soups may be used as ingredients in sauces and stews. Canned consommé or bouillon cubes in water may replace stock in a recipe.

**Suggestions.** Season to taste with any of the following:

A few drops of onion or lemon juice, curry powder, nutmeg (especially for mushroom soup), Worcestershire sauce, tomato catsup, etc., sherry, various herbs.

1. Heat with a bay leaf (remove before serving).
2. Dilute with milk, stock, or water.
3. Add  $\frac{1}{2}$  cup cream (to 4 cups soup) just before serving.
4. Garnish tomato soup with thin slices of orange.
5. Garnish with croûtons, finely cut parsley, salted whipped cream or heavy sour cream, or sprinkle with grated Parmesan cheese.
6. Use canned consommé in any of the ways suggested on p. 180, or in any of the recipes calling for consommé.
7. Combine soups and season to taste. A few successful combinations are pea and tomato, pea and green turtle, asparagus or pea and chicken with rice, tomato and chicken with rice.

## CREAM OF CLAM SOUP

1 cup canned minced clams      1 cup cream  
1 cup milk

Heat clams. Scald milk and cream. Combine, strain or not. Put spoonful of whipped cream on each cup and add a dash of paprika and a sprig of parsley. *Serves 4 to 6.*

## EMERGENCY SOUP

2 cans consommé      Salt, pepper, Maggi's Seasoning,  
1 cup cream      or other seasonings

Heat consommé, add cream and seasonings. Heat. *Serves 6.*

**Emergency Curry Soup.** Chop 1 apple and 1 small onion, add to consommé and simmer 20 minutes. Strain and add cream. Season delicately with curry powder.



**PEA SOUP WITH FRANKFURTERS**

- |                                        |                       |
|----------------------------------------|-----------------------|
| 1 can condensed pea soup               | 1 frankfurter, sliced |
| 1 can milk (using soup can as measure) | 1 small onion, diced  |
| 1 tablespoon butter                    |                       |

Cook frankfurter and onion in butter until delicately browned. Add soup and milk, heat thoroughly, and serve. *Serves 4.*

**BOULA**

- |                         |                                |
|-------------------------|--------------------------------|
| 1 can pea soup          | Whipped cream, slightly salted |
| 1 can green turtle soup | Parmesan cheese, if liked      |

Combine soups. Bring to boiling point. Season to taste with sherry and freshly ground pepper. Arrange individual pottery bowls on cooky sheet. Fill. Put spoonful of cream on each. Sprinkle with cheese, if used. Run under broiler a moment to brown cream and serve immediately. *Serves 4 to 6.*

**RUSSIAN CURRY SOUP**

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1 can pea soup                | $\frac{1}{2}$ teaspoon curry powder |
| $\frac{1}{2}$ can tomato soup | 2 cups milk or stock                |
| $\frac{1}{2}$ cup heavy cream |                                     |

Heat pea soup, tomato soup, curry powder, and milk to boiling point. Season to taste. Just before serving, stir in cream. Garnish with croûtons (p. 168). *Serves 6.*

**Crab Bisque.** Omit curry powder. Add  $\frac{1}{2}$  to 1 cup flaked crab meat and season with sherry or a few drops Worcestershire.

**CELERY SOUP\* WITH CHEESE**

- |                                             |      |
|---------------------------------------------|------|
| 1 can celery soup                           | Milk |
| $\frac{1}{2}$ cup pimienta cheese, cut fine |      |

Heat soup and add equal amount of milk. Add cheese and heat until cheese melts. If desired add 1 or 2 tablespoons grated onion cooked in 1 tablespoon butter. *Serves 4 to 6.*

**BROWN STOCK (Beef)**

|                                         |                   |
|-----------------------------------------|-------------------|
| 6-pound shin of beef and<br>marrow bone | 1 sprig marjoram  |
| 3 quarts cold water                     | 2 sprigs parsley  |
| $\frac{1}{2}$ teaspoon peppercorns      | Carrot            |
| 6 cloves                                | Turnip            |
| $\frac{1}{2}$ bay leaf                  | Onion             |
| 3 sprigs thyme                          | Celery            |
|                                         | 1 tablespoon salt |

*Makes about  $2\frac{1}{2}$  quarts.*

Have ready hardwood board, sharp knife, two purée strainers (coarse and fine), large aluminum or enamel kettle.

**Seasonings** may be bought by the package or the ounce. Save outer stalks of celery for stock.

**Left-Over Meats** (if available in large quantity and of good quality) may be used, such as bits of cooked beef or veal, bones from roast beef, lamb, or fowl, chops, etc. Include all trimmings and bones which may be asked for with any meat order. Use liquor from fresh-boiled pork. Avoid using smoked or corned meats or raw mutton or lamb surrounded by fat, on account of strong, disagreeable flavor.

When ordering **meat for stock**, ask for  $\frac{2}{3}$  lean meat,  $\frac{1}{3}$  bone and fat. Middle cuts of beef shin are the most desirable (lower parts lack flavor, although rich in gelatin, but can be used in combination with one of the less expensive cuts of lean beef). Have bones cracked at market.

When meat arrives from market, remove from paper, weigh to see if correct proportions have been sent, wipe with damp cloth, store in cool place until ready to begin.

**To Prepare.** 1. Remove meat from bone and cut lean in 1-inch cubes.

2. Heat frying pan hissing hot, put in three tablespoons marrow from marrowbone. Add  $\frac{1}{3}$  the meat cubes. Stir constantly until all surfaces of meat are seared, adding more marrow if needed.

3. Put fat, bone, and remaining meat cubes in kettle. Cover with cold water (1 pint to each pound) and let stand 1 hour, to draw out juices from meat. Add browned meat cubes. Rinse out pan with water from soup kettle to retain all rich color and flavor.

4. Heat slowly to boiling point and simmer 3 hours or more, or

cook in fireless cooker. The scum which rises contains coagulated albuminous juices of great nutritive value but must be skimmed off from time to time if one prefers a clear soup. Add vegetables, spices, and salt the last hour of cooking.

5. Strain. Cool quickly, uncovered, to prevent souring. White stock will not need further clearing if scum has been removed and it is strained through double thickness of cheesecloth.

**To Store.** Cover and store in cool place. Do not remove cake of fat which forms on stock when cold, as this excludes air, and aids in preserving stock until it is to be used. *To remove fat*, run knife around edge of bowl and carefully lift off. The small quantity of fat which remains may be removed by passing a cloth wrung out of hot water around edge and over top of stock. To remove fat before stock has cooled, take off as much as possible with a spoon and remove remainder by passing crumpled paper toweling over surface, or drop a few ice cubes into the stock and take out when fat has collected on them. To clarify fat for other uses, see p. 9.

**To Clear.** Remove fat from stock and put quantity to be cleared in pan. Taste; if further seasoning is needed, add at this point, not after clearing. For each quart add 1 egg white, beaten slightly with fork, and mixed with 2 teaspoons cold water. Add eggshell broken in small pieces.

Bring to boiling point, stirring constantly, and boil 2 minutes. Let stand 20 minutes over very low heat. Strain through fine strainer, lined with double thickness of cheesecloth.

**Quick Brown Stock.** Use bouillon cubes or beef or vegetable extracts, dissolved in water, or canned consommé or bouillon.

**Beef and Vegetable Soup.** Tie seasonings in cheesecloth bag. Double amounts of vegetables. Cook slowly until meat is tender. Cool. Remove fat, bone and spice bag.

### BEEF BOUILLON

|                                            |                                  |
|--------------------------------------------|----------------------------------|
| 5 pounds lean beef from middle<br>of round | 1 tablespoon salt                |
| 2 pounds marrowbone                        | Carrot                           |
| 3 quarts cold water                        | Turnip } $\frac{1}{3}$ cup each, |
| 1 teaspoon peppercorns                     | Onion } cut in dice              |
|                                            | Celery }                         |

Follow directions for making stock (p. 178). Clear (see above).

**WHITE STOCK (Veal)**

|                                                                          |                        |
|--------------------------------------------------------------------------|------------------------|
| 4-pound knuckle of veal <i>or</i> 3-pound knuckle with 1 pound lean beef |                        |
| 3 quarts cold water                                                      | Blade of mace          |
| 1 tablespoon salt                                                        | 6 slices carrot        |
| 10 peppercorns                                                           | $\frac{1}{2}$ bay leaf |
| 1 onion                                                                  | 2 sprigs thyme         |
| 2 stalks celery                                                          | 2 cloves               |

*Makes about 2 quarts.*

Read instructions under Brown Stock (p. 178) for equipment, etc.

Wipe meat, cut in small pieces. Put in kettle with remaining ingredients. Bring slowly to boiling point, skimming frequently. Reduce heat, cover, and simmer 4 or 5 hours (or cook in fireless cooker) and pour through strainer lined with double thickness of cheesecloth. Further clearing should not be necessary.

**CONSOMMÉ**

|                                                |                        |
|------------------------------------------------|------------------------|
| 3 pounds lean beef cut in 1-inch cubes         | 2 tablespoons butter   |
| 1 pound marrowbone                             | 1 tablespoon salt      |
| 3 pounds knuckle of veal cut in pieces         | 1 teaspoon peppercorns |
| 1 quart Chicken Stock (p. 184) <i>or</i> bones | 4 cloves               |
| from a chicken and 1 quart water               | 3 sprigs thyme         |
| Carrot                                         | 1 sprig marjoram       |
| Turnip                                         | 2 sprigs parsley       |
| Celery                                         | $\frac{1}{2}$ bay leaf |
| $\frac{1}{3}$ cup sliced onion                 | 3 quarts cold water    |

Brown half of beef in some of marrow from marrowbone. Add to rest of beef, veal, bones, and cold water. Let stand  $\frac{1}{2}$  hour. Heat slowly to boiling point and simmer 3 hours, removing scum as it forms on top of kettle. Add Chicken Stock or chicken bones and water and simmer 2 hours. Cook carrot, turnip, onion, and celery in butter 5 minutes. Add to soup with remaining seasonings. Cook  $1\frac{1}{2}$  hours, strain, cool quickly, remove fat, and clear (p. 179).

*Makes 3 quarts.*

**With Vegetables.** Add a few cooked peas, string beans, cut small, carrots sliced and cut in fancy shapes, etc.

**Princess.** Add green peas and cooked chicken, diced.

**Pimiento.** Add  $\frac{1}{3}$  cup canned pimiento, forced through a sieve,

4 tablespoons sherry, and a few grains cayenne to 4 cups consommé before clearing. Serve hot or cold.

**À la Royal.** Garnish with Royal Custard (p. 170) cubes.

**Au Parmesan.** Garnish with Parmesan Pâte à Choux (p. 171).

**D'Orléans.** Garnish with Quenelles (p. 172) and French peas.

**Iced.** Flavor with lemon juice or sherry. Chill.

**Jellied.** Add 3 tablespoons granulated gelatin to each quart of bouillon or consommé. Chill in bouillon cups or chill in shallow dish, cut in cubes, and pile in cups.

**Macaroni Soup.** Cook  $\frac{1}{2}$  cup macaroni, in  $\frac{1}{2}$ -inch pieces, in 4 cups Brown Stock or consommé. Or add cooked macaroni to soup and reheat.

**Julienne.** To each quart add 2 tablespoons, each, cooked peas and string beans, and  $\frac{1}{4}$  cup, each, cooked carrots and turnips or leeks, cut in matchlike strips.

**Montmorency.** To 1 quart consommé add 1 cup finely chopped raw beets. Clear (p. 179). Garnish with  $\frac{1}{4}$  cup, each, cooked green peas, Julienne-shaped (matchlike) strips of cooked chicken breast, and cooked tapioca.

**À la Barigoule.** Garnish with thinly sliced stuffed olives, sliced mushrooms, and, if desired, a few bits of cooked chicken, diced.

**With Alligator Pears.** Add a few cubes of alligator pear to each cup.

**Aux Herbes.** Increase amount of herbs used (thyme, marjoram, bay leaf, parsley) or add others, such as chervil, chives, or rosemary.

**Du Barry.** To 4 cups consommé add  $\frac{1}{2}$  cup cooked cauliflower flowerets,  $\frac{1}{4}$  cup hot boiled rice, and 1 tablespoon shredded blanched almonds. Garnish with Royal Custard (p. 170).

## BORTSCH

1 quart consommé

2 large beets, chopped

1 cup chopped cabbage

2 onions, chopped (or less)

Cook vegetables until tender in consommé, adding water as necessary. Strain or not, as desired. *Serves 6 to 8.*

**Russian Bortsch.** Serve a tablespoon of heavy sour cream on each bowl. Heavy pottery bowls are traditional.



## OXTAIL SOUP

|                                         |                                 |
|-----------------------------------------|---------------------------------|
| 1 small oxtail                          | $\frac{1}{2}$ teaspoon salt     |
| 6 cups Brown Stock (p. 178)             | Few grains cayenne              |
| Carrot } $\frac{1}{2}$ cup each, cut in | 1 teaspoon Worcestershire sauce |
| Turnip } fancy shapes                   |                                 |
| Onion } $\frac{1}{2}$ cup each, cut in  | 1 teaspoon lemon juice          |
| Celery } small pieces                   |                                 |

Cut oxtail in small pieces, wash, drain, sprinkle with salt and pepper, dredge with flour, and fry in butter 10 minutes. Add to Brown Stock, simmer 2 or 3 hours or until tender. Drain and discard bone. Add oxtail meat and vegetables (parboiled 20 minutes), simmer until vegetables are soft, add seasonings. Add water as needed to make  $1\frac{1}{2}$  quarts. *Serves 8 to 12.*

## CREOLE SOUP

|                                    |                                  |
|------------------------------------|----------------------------------|
| 1 tablespoon chopped green peppers | Salt                             |
| 1 tablespoon chopped onion         | Pepper                           |
| 2 tablespoons butter               | Cayenne                          |
| 2 tablespoons flour                | 1 tablespoon grated horse-radish |
| 1 pint Brown Stock (p. 178)        | $\frac{1}{2}$ teaspoon vinegar   |
| 1 cup tomatoes                     | 2 tablespoons macaroni rings     |

Cook peppers and onion in butter 5 minutes. Add flour, stock, and tomatoes, and simmer 15 minutes. Strain and season highly with salt, pepper, and cayenne. Just before serving add horse-radish, vinegar, and macaroni, previously cooked and cut in rings. Bottled horse-radish may be used and vinegar omitted. *Serves 6.*

## MUTTON BROTH

|                                 |                              |
|---------------------------------|------------------------------|
| 3 pounds mutton (from the neck) | Few grains pepper            |
| 2 quarts cold water             | 3 tablespoons rice <i>or</i> |
| 1 teaspoon salt                 | 3 tablespoons barley         |

Wipe meat, remove skin and fat, cut in small pieces, and put in kettle with bones. Cover with cold water; heat gradually to boiling point, skim, then season with salt and pepper. Cook slowly until meat is tender; strain, and remove fat (p. 179). Reheat to boiling point, add rice or barley, and cook until rice or barley is tender. If barley is used, soak overnight in cold water. Some of the meat may be served with broth. *Serves 8.*

**MULLIGATAWNY SOUP**

- |                                |                          |
|--------------------------------|--------------------------|
| 5 cups White Stock (p. 180)    | $\frac{1}{4}$ cup butter |
| 1 cup tomatoes                 | $\frac{1}{3}$ cup flour  |
| Onion, cut in slices           | 1 teaspoon curry powder  |
| Carrot, cut in cubes           | Blade of mace            |
| Celery, cut in cubes           | 2 cloves                 |
| 1 pepper, finely chopped       | Sprig of parsley         |
| 1 apple, sliced                | Salt and pepper          |
| 1 cup raw chicken, cut in dice |                          |

Cook vegetables, apple, and chicken in butter until brown. Add flour, curry powder, mace, cloves, parsley, tomato, and stock, and simmer 1 hour. Strain, reserve chicken, and rub vegetables through sieve. Add chicken to strained soup, season with salt and pepper, and serve with boiled rice. *Serves 6 to 8.*

**VEAL AND SAGO SOUP**

- |                                         |                              |
|-----------------------------------------|------------------------------|
| 1 pound cheap cut of veal, chopped      | 1 cup scalded milk           |
| $1\frac{1}{2}$ quarts cold water        | 2 egg yolks, slightly beaten |
| $\frac{1}{2}$ cup pearl sago or tapioca | Salt and pepper              |

Pick over veal and remove particles of fat. Add water, bring slowly to boiling point, simmer 2 hours, skimming occasionally; strain and reheat. Soak sago  $\frac{1}{2}$  hour in enough cold water to cover, stir into hot stock, boil 30 minutes, and add milk. Pour mixture slowly on egg yolks. Season. *Serves 8.*

**SCOTCH BROTH**

- |                                                         |                                                                      |
|---------------------------------------------------------|----------------------------------------------------------------------|
| 3 pounds lamb or mutton (suitable cuts, p. 333)         | $\frac{1}{4}$ cup, each, carrot, celery, turnip, and onion, cut fine |
| $\frac{1}{2}$ cup barley, soaked in cold water 12 hours | Salt and pepper                                                      |
| 4 tablespoons butter                                    | 2 tablespoons flour                                                  |
|                                                         | $\frac{1}{2}$ tablespoon finely chopped parsley                      |

Cut lean meat in 1-inch cubes, put in kettle, cover with 3 pints cold water, bring quickly to boiling point, skim, add barley. Simmer  $1\frac{1}{2}$  hours or until meat is tender. Put bones in second kettle, cover with cold water, heat slowly to boiling point, skim, and boil  $1\frac{1}{2}$  hours. Strain water from bones and add to meat. Fry vegetables in 2 tablespoons butter 5 minutes, add to soup with salt and pepper to taste, and cook until vegetables are soft. Thicken with remaining butter and flour cooked together. Add parsley just before serving. Rice may be used in place of barley. *Makes  $1\frac{1}{2}$  quarts.*

**MOCK TURTLE SOUP**

|                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 calf's head                      | $\frac{1}{2}$ cup carrot cut in dice |
| 6 cloves                           | 2 cups Brown Stock (p. 178)          |
| $\frac{1}{2}$ teaspoon peppercorns | $\frac{1}{4}$ cup butter             |
| 6 allspice berries                 | $\frac{1}{2}$ cup flour              |
| 2 sprigs thyme                     | 1 cup stewed and strained tomatoes   |
| $\frac{1}{8}$ cup sliced onion     | Juice $\frac{1}{2}$ lemon            |

Madeira to taste, if desired

Clean and wash calf's head; soak 1 hour in cold water to cover. Cook until tender in 3 quarts boiling salted water (to which seasoning and vegetables have been added). Remove head; boil stock until reduced to 1 quart. Strain and cool. Melt and brown butter, add flour, and stir until well browned. Add Brown Stock slowly and bring to boiling point. Add head stock, tomato, 1 cup face meat, cut in dice, and lemon juice. Simmer 5 minutes. Season. Add Royal Custard (p. 170) cut in dice, Egg Balls (p. 169), or Quenelles (p. 172). *Makes 12 or more servings.*

**Egg Balls.** Mash yolks of 3 hard-cooked eggs and add an equal measure of mashed calf's brains. Season highly with salt and pepper and add enough slightly beaten egg to make firm mixture. Shape in small balls, roll in flour, and sauté in butter.

**CHICKEN STOCK, BROTH or BOUILLON**

|                   |                                    |
|-------------------|------------------------------------|
| 1 four-pound fowl | $\frac{1}{2}$ bay leaf             |
| 6 cups cold water | $\frac{1}{4}$ teaspoon peppercorns |
| 6 slices carrot   | 1 onion, sliced                    |
| 2 stalks celery   | Salt and pepper                    |

Remove wings and legs from fowl, separate breast and back, wash back and wipe remainder. Put all except the breast in kettle with remaining ingredients. Heat gradually to boiling point, add breast, cook until breast meat is tender, cool, remove fat, and strain. If desired, 1 tablespoon lean, raw ham may be cooked with other ingredients. The cooked chicken may be used in any way desired. *Makes 1 quart stock.*

Use homemade or canned stock or chicken bouillon cubes or the water in which a fowl or chicken has been cooked, adding seasonings suggested under Chicken Stock while fowl is cooking.

**Chicken Soup.** To 1 quart stock add 1 teaspoon beef or vegetable extract or other seasoning. If desired, add two tablespoons chopped

breast meat. Add 1 cup cream or  $\frac{1}{3}$  cup boiled rice or  $\frac{1}{4}$  cup cooked pearl or minute tapioca. Rice or tapioca may be cooked in the stock.

### CREAM OF CHICKEN SOUP

|                      |                                  |
|----------------------|----------------------------------|
| 2 cups Chicken Stock | $1\frac{1}{2}$ tablespoons flour |
| 1 cup scalded milk   | 1 egg yolk, slightly beaten      |
| 2 tablespoons butter | Salt and pepper                  |

Combine stock and milk. Bind with butter and flour cooked together. Pour slowly over egg yolk; strain. Season to taste. Serve at once or soup will have a curdled appearance. *Serves 6.*

### FRENCH WHITE SOUP

|                              |                                              |
|------------------------------|----------------------------------------------|
| 4-pound fowl                 | $\frac{1}{2}$ teaspoon peppercorns           |
| Knuckle of veal              | $\frac{1}{2}$ tablespoon salt                |
| 3 quarts cold water          | 1 tablespoon lean raw ham,<br>finely chopped |
| 1 sliced onion               | 4 tablespoons butter                         |
| 6 slices carrot              | 3 tablespoons flour                          |
| $\frac{1}{2}$ bay leaf       | 1 cup cream                                  |
| 1 sprig parsley              | 2 egg yolks, slightly beaten                 |
| $\frac{1}{2}$ teaspoon thyme |                                              |

Wipe, clean, and disjoint fowl. Wipe veal, remove from bone, and cut in small pieces. Put meat, bone, and water in kettle, heat slowly to boiling point, and skim. Remove breast and second joints of fowl when tender and set aside to use in any way suggested for cooked chicken. Cook remainder slowly 4 hours. Cook vegetables and ham in 1 tablespoon butter 5 minutes, add to soup with seasonings, and cook 1 hour. Strain, cool, and remove fat. Reheat 3 cups stock, thicken with remaining butter and flour cooked together, and just before serving add to cream and egg yolks. Garnish with  $\frac{1}{2}$  cup cooked peas and Chicken Custard (p. 170) cut in dice. *Serves 8.*

### SPRING SOUP

|                               |                     |
|-------------------------------|---------------------|
| 1 quart Veal or Chicken Stock | 1 cup milk          |
| 1 large onion, thinly sliced  | 1 cup cream         |
| 3 tablespoons butter          | 2 tablespoons flour |
| $\frac{1}{2}$ cup stale bread | Salt and pepper     |

Cook onion 15 minutes in 1 tablespoon butter; add to stock, with bread broken in pieces. Simmer 1 hour; rub through sieve. Add milk. Bind with butter and flour cooked together. Add cream and season. *Serves 8.*

## DUCHESS SOUP

|                                      |                               |
|--------------------------------------|-------------------------------|
| 4 cups Chicken Stock (p. 184)        | $\frac{1}{3}$ cup butter      |
| 2 slices carrot, cut in cubes        | $\frac{1}{4}$ cup flour       |
| 2 slices onion                       | 1 teaspoon salt               |
| 2 blades mace                        | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{2}$ cup grated mild cheese | 2 cups scalded milk           |

Cook vegetables 3 minutes in  $1\frac{1}{2}$  tablespoons butter, then add stock and mace; boil 15 minutes, strain, and add milk. Bind with butter and flour cooked together and season. Stir in cheese and serve as soon as cheese is melted. *Serves 8 to 12.*

POTAGE À LA REINE *or* ROYAL SOUP

|                                           |                                            |
|-------------------------------------------|--------------------------------------------|
| 1 cup stale bread crumbs <i>soaked in</i> | Salt and pepper                            |
| $\frac{1}{2}$ cup milk                    | $1\frac{1}{2}$ cups scalded milk           |
| Yolks 3 hard-cooked eggs                  | $3\frac{1}{2}$ cups Chicken Stock (p. 184) |
| Breast meat from a boiled chicken         | $2\frac{1}{2}$ tablespoons butter          |
| $2\frac{1}{2}$ tablespoons flour          |                                            |

Rub egg yolks and chicken meat through sieve. Add to bread crumbs soaked in milk. Add gradually scalded milk and stock. Bind with butter and flour cooked together. Season. *Serves 8 to 10.*

## CHICKEN GUMBO

|                                            |                                    |
|--------------------------------------------|------------------------------------|
| 1 onion, finely chopped                    | 1 cup cooked <i>or</i> canned okra |
| 4 tablespoons butter                       | 2 teaspoons salt                   |
| 1 quart Chicken Stock (p. 184)             | $\frac{1}{4}$ teaspoon pepper      |
| $\frac{1}{2}$ green pepper, finely chopped | 1 to 2 cups canned tomatoes        |

Cook onion in butter 5 minutes, stirring constantly. Add to stock with remaining ingredients. Bring to boiling point and simmer 40 minutes. *Serves 6 to 8.*

## CREAM OF ARTICHOKE SOUP

|                                                        |                                 |
|--------------------------------------------------------|---------------------------------|
| 3 Jerusalem artichokes                                 | Few grains cayenne              |
| 2 cups boiling water                                   | Few gratings nutmeg             |
| 1 tablespoon butter                                    | 1 tablespoon sauterne           |
| 1 tablespoon flour                                     | $\frac{1}{2}$ cup scalded cream |
| $\frac{1}{2}$ teaspoon salt                            | 1 egg yolk, slightly beaten     |
| 1 cucumber, pared and cut in $\frac{1}{8}$ -inch cubes |                                 |

Cook artichokes in boiling water until soft and rub through sieve. Add water to make 2 cups. Melt butter, add flour and seasonings,



pour on hot liquid, and cook 1 minute. Add cream, sauterne, egg, and cucumbers sautéed in butter. Omit sauterne, if desired. *Serves 6.*

### IMPERIAL SOUP

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| 4 cups Chicken Stock (p. 184)     | $\frac{1}{2}$ teaspoon peppercorns  |
| 2 cups stale bread crumbs         | Bit of bay leaf                     |
| 2 stalks celery, broken in pieces | Blade of mace                       |
| 2 slices carrot, cut in cubes     | 1 teaspoon salt                     |
| 1 small onion                     | $\frac{1}{2}$ breast boiled chicken |
| 3 tablespoons butter              | $\frac{1}{3}$ cup blanched almonds  |
| Sprig of parsley                  | 1 cup cream                         |
| 2 cloves                          | $\frac{1}{2}$ cup milk              |

Cook celery, carrot, and onion in 1 tablespoon butter 5 minutes; tie in cheesecloth with parsley, cloves, peppercorns, bay leaf, and mace; add to stock with salt and bread crumbs, simmer 1 hour, remove seasonings; rub through sieve. Chop chicken meat and rub through sieve; pound almonds to a paste, add to chicken, then add cream. Combine mixtures, add milk, reheat, and bind with butter and flour cooked together. *Serves 8.*

### PHILADELPHIA PEPPER POT

|                                  |                               |                                      |
|----------------------------------|-------------------------------|--------------------------------------|
| Sliced onion                     | } $\frac{1}{4}$ cup each      | $\frac{1}{2}$ pound honeycomb tripe, |
| Chopped celery                   |                               | cut in cubes                         |
| Chopped green peppers            |                               | $1\frac{1}{2}$ cups potato cubes     |
| 4 tablespoons butter             |                               | $\frac{1}{2}$ teaspoon peppercorns,  |
| $3\frac{1}{2}$ tablespoons flour |                               | finely pounded                       |
| 5 cups Chicken Stock (p. 184)    |                               | $\frac{3}{4}$ tablespoon salt        |
|                                  | $\frac{1}{2}$ cup heavy cream |                                      |

Cook vegetables in 3 tablespoons butter 15 minutes. Add flour, stir until well mixed. Add remaining ingredients, except cream. Cover and cook 1 hour. Just before serving, add cream and remaining butter. *Serves 6 to 8.*

### TURKEY SOUP

Break turkey carcass in pieces, removing all stuffing; put in kettle with any bits of meat that may have been left over. Cover with cold water, bring slowly to boiling point, and simmer 2 hours. Strain, cool, remove fat, and season with salt and pepper. One or two outer stalks of celery may be cooked with carcass to give additional flavor. Other seasonings may be added.

## CREAM OF ALMOND SOUP

|                                            |                                 |
|--------------------------------------------|---------------------------------|
| $\frac{1}{3}$ cup almonds                  | 1 stalk celery, cut fine        |
| 3 bitter almonds                           | 1 tablespoon butter             |
| 2 tablespoons cold water                   | 1 tablespoon flour              |
| Few grains salt                            | 1 cup scalded milk              |
| $1\frac{1}{2}$ cups Chicken Stock (p. 184) | $\frac{1}{2}$ cup scalded cream |
| 1 slice onion                              | Salt and pepper                 |

Put almonds through food chopper, using finest cutter, adding water and salt slowly during process. Simmer 30 minutes with stock, onion, and celery. Rub through sieve. Add stock or water to make  $1\frac{1}{2}$  cups. Bind with butter and flour cooked together. Add milk, cream, salt, and pepper. *Serves 6.*

## CREAM OF ASPARAGUS SOUP

|                                                                                    |                                       |
|------------------------------------------------------------------------------------|---------------------------------------|
| 1 cup asparagus, cooked <i>or</i> canned                                           | 2 tablespoons butter                  |
| $1\frac{1}{2}$ cups Veal <i>or</i> Chicken Stock<br>(pp. 180, 184) <i>or</i> water | 2 tablespoons flour                   |
| 1 cup asparagus water                                                              | 1 cup scalded milk <i>or</i><br>cream |
| 1 thin slice onion                                                                 | Salt and pepper                       |

Reserve tips of asparagus and add stalks and onion to asparagus water. Add stock, boil 5 minutes, rub through sieve and bind with butter and flour cooked together. Add salt, pepper, milk, and asparagus tips. *Serves 6.*

*See also Cream of Vegetable Soup (p. 200).*

## BLACK BEAN SOUP

|                                              |                                          |
|----------------------------------------------|------------------------------------------|
| 1 cup black beans                            | Few grains mustard                       |
| 1 quart cold water                           | Few grains cayenne                       |
| $\frac{1}{2}$ small onion, sliced            | 1 tablespoon butter                      |
| 1 stalk celery broken in pieces              | 1 teaspoon flour                         |
| <i>or</i> $\frac{1}{8}$ teaspoon celery salt | 1 hard-cooked egg, cut in<br>thin slices |
| 1 teaspoon salt                              | Juice 1 lemon                            |
| Few grains pepper                            | $\frac{1}{2}$ lemon thinly sliced        |

Soak beans overnight. Drain and add cold water. Cook onion 5 minutes with half the butter and add to beans. Add celery, simmer 3 or 4 hours or until beans are soft, adding more water as water boils away. Rub through sieve. Reheat to boiling point. Add lemon juice and well-mixed seasonings. Bind with remaining butter and flour cooked together. Garnish with lemon and eggs. *Serves 8.*

**Guatemala style.** In place of egg and lemon, garnish with bits of alligator pear.

**BAKED BEAN SOUP**

|                                    |                     |
|------------------------------------|---------------------|
| 1 cup cold baked beans             | 1 tablespoon butter |
| 2 cups water                       | 1 tablespoon flour  |
| 1 slice onion                      | Chili sauce         |
| 1 stalk celery                     | Salt                |
| ½ cup stewed and strained tomatoes | Pepper              |

Put beans, water, onion, and celery in saucepan; bring to boiling point and simmer 30 minutes. Rub through sieve, add tomato and water or stock to make 3 cups. Season to taste. Bind with butter and flour cooked together. *Serves 6.*

**CREAM OF LIMA BEAN SOUP**

|                        |                         |
|------------------------|-------------------------|
| ½ cup dried Lima beans | ½ cup cream or top milk |
| 3 cups cold water      | 2 tablespoons butter    |
| 1 slice onion          | 1 tablespoon flour      |
| 2 slices carrot        | ½ teaspoon salt         |
|                        | ¼ teaspoon pepper       |

If desired, soak beans overnight and drain. Add cold water; cook until soft and rub through sieve. Cut vegetables in small cubes and cook 5 minutes in half the butter; remove vegetables, add flour, salt, and pepper, and stir into boiling soup. Add cream, reheat, strain, and add remaining butter in small pieces. *Serves 6.*

**CREAM OF CARROT SOUP**

|                                  |                            |
|----------------------------------|----------------------------|
| ½ small potato, pared and sliced | 1½ cups consommé           |
| 1 cup carrot, scraped and sliced | (1 small can)              |
| 1 slice onion                    | 1 cup milk (or part cream) |
| ¼ teaspoon sugar                 | 1 tablespoon butter        |
| ½ teaspoon salt                  | 1 tablespoon flour         |

Chopped parsley

Cook vegetables with sugar and salt in consommé until soft. Rub through colander. Measure, add cold water to make 2½ cups. Heat, add milk. Bind with butter and flour. Season to taste. Sprinkle with parsley. *Serves 6.*

**CHEESE SOUP**

|                            |                     |                  |
|----------------------------|---------------------|------------------|
| 1 tablespoon chopped onion | 1 cup stock         | } or 3 cups milk |
| 1 tablespoon butter        | 2 cups milk         |                  |
| 1 tablespoon flour         | ¾ cup grated cheese |                  |

Melt butter, add onion, and cook slowly until yellow. Stir in flour. Add stock and milk. Bring to boiling point, strain, add cheese, and stir until cheese melts. Serve sprinkled with paprika, bits of canned pimiento, or croûtons. *Serves 6.*

## CREAM OF CAULIFLOWER SOUP

|                                                                       |                                                |
|-----------------------------------------------------------------------|------------------------------------------------|
| 2 cups Veal <i>or</i> Chicken Stock<br>(pp. 180, 184) <i>or</i> water | $\frac{1}{2}$ stalk celery, cut in inch pieces |
| $1\frac{1}{2}$ cups cooked cauliflower                                | Bit of bay leaf                                |
| 2 tablespoons butter                                                  | 2 tablespoons flour                            |
| 1 small slice onion                                                   | 1 cup milk                                     |
|                                                                       | Salt and pepper                                |

Reserve  $\frac{1}{2}$  cup flowerets. Rub remaining cauliflower through sieve. Cook onion, celery, and bay leaf in butter 5 minutes. Remove bay leaf, add flour, and stir into hot stock; add cauliflower and milk. Season, strain, add flowerets, and reheat. *Serves 6. See also Cream of Vegetable Soup (p. 200).*

## CREAM OF CELERY SOUP I

|                                       |                      |
|---------------------------------------|----------------------|
| 3 stalks celery, cut in 1-inch pieces | 3 tablespoons butter |
| 3 cups milk                           | 3 tablespoons flour  |
| 1 slice onion                         | Salt and pepper      |
| 1 cup cream <i>or</i> top milk        |                      |

Crush celery, using potato masher, in top of double boiler. Add onion and milk. Cook 20 minutes and strain. Bind with butter and flour cooked together. Season and add cream. *Serves 6 to 8.*

## CREAM OF CELERY SOUP II

|                                                                      |                                            |
|----------------------------------------------------------------------|--------------------------------------------|
| 1 cup celery stalks and<br>leaves                                    | 1 tablespoon butter                        |
| 1 cup Veal <i>or</i> Chicken Stock<br>(pp. 180, 184) <i>or</i> water | 1 tablespoon flour                         |
| 1 cup boiling water                                                  | 1 cup milk                                 |
| 1 slice onion                                                        | $\frac{1}{2}$ cup cream <i>or</i> top milk |
|                                                                      | Salt                                       |
|                                                                      | Pepper                                     |

Cut celery in 1-inch pieces and cook in stock and water until soft and rub through sieve. Scald onion in milk, remove onion, add milk to stock, bind with butter and flour cooked together, add cream, season, and reheat. *Serves 6.*

## CELERY AND TOMATO PURÉE

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1 bunch celery, cut in 1-inch pieces | Bit of bay leaf                     |
| 1 teaspoon salt                      | $\frac{1}{2}$ teaspoon peppercorns  |
| 3 cups cold water                    | 1 sprig parsley                     |
| 1 tablespoon fat salt pork, cubed    | $\frac{1}{2}$ clove garlic, crushed |
| $\frac{1}{2}$ onion, sliced          | 1 tablespoon butter                 |
| $\frac{1}{2}$ small carrot, sliced   | 1 tablespoon flour                  |
| $\frac{1}{2}$ leek, sliced           | 1 cup tomatoes                      |
| $\frac{1}{4}$ teaspoon thyme         | $\frac{1}{2}$ tablespoon sugar      |
| 1 clove                              | Salt and pepper                     |

Crush celery, add water and salt, bring slowly to boiling point, and simmer 1 hour. Try out pork fat, add vegetables and seasonings, and cook 10 minutes, stirring constantly; add tomatoes and sugar and season to taste. Combine mixtures and bind with butter and flour cooked together. Cover and cook slowly 1 hour. Rub through sieve.

*Serves 6.*

## CHESTNUT PURÉE

|                                                                       |                                            |
|-----------------------------------------------------------------------|--------------------------------------------|
| 2 cups Veal <i>or</i> Chicken Stock<br>(pp. 180, 184) <i>or</i> water | 1 cup scalded milk <i>or</i> thin<br>cream |
| 1 cup French chestnuts,<br>shelled (p. 437)                           | 2 tablespoons butter                       |
| 1 small slice onion                                                   | 1 tablespoon flour                         |
| $\frac{1}{8}$ teaspoon celery salt                                    | Salt                                       |
|                                                                       | Pepper                                     |

Cook stock, chestnuts, onion, and celery salt until chestnuts are soft and rub through sieve. Bind with butter and flour cooked together. Add milk or cream, more if needed to make 3 cups. If cream is used, use only 1 tablespoon butter and  $\frac{1}{2}$  tablespoon flour. Season with salt and pepper. Reheat. *Serves 6.*

## CREAM OF CORN SOUP

|                                    |                     |
|------------------------------------|---------------------|
| 1 cup cooked <i>or</i> canned corn | 1 tablespoon butter |
| 1 cup boiling water                | 1 tablespoon flour  |
| 1 cup milk                         | Salt                |
| 1 small slice onion                | Pepper              |

Use inexpensive, cream-style canned corn. Chop corn, add water, milk, and onion, and cook 20 minutes in top of double boiler. Rub through sieve. Bind with butter and flour cooked together. Garnish with popped corn if desired. *Serves 6.*

**Curried Corn Soup.** Season delicately with curry powder.



**CORN CHOWDER**

|                                            |                      |
|--------------------------------------------|----------------------|
| 2 cups canned corn                         | 1 sliced onion       |
| 4 cups potatoes, cut in<br>1/4-inch slices | 4 cups scalded milk  |
| 1 1/2-inch cube fat salt pork              | 8 common crackers    |
| Salt and pepper                            | 3 tablespoons butter |

Cut pork in small pieces and try out; add onion and cook 5 minutes, stirring often that onion may not burn; strain fat into stewpan. Parboil potatoes 5 minutes in boiling water to cover; drain and add potatoes to fat; then add 2 cups boiling water; cook until potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper; add butter, and crackers split and soaked in enough cold milk to moisten. *Serves 6 to 8 generously.*

**CREAM OF CUCUMBER SOUP**

|                               |                              |
|-------------------------------|------------------------------|
| 3 large cucumbers             | 1 slice onion                |
| 2 tablespoons butter          | 1 blade mace                 |
| 3 tablespoons flour           | 1/2 cup cream                |
| 3 cups Chicken Stock (p. 184) | 2 egg yolks, slightly beaten |
| 1 cup milk                    | Salt and pepper              |

Peel and slice cucumbers and remove seeds. Cook in butter 10 minutes; then add flour and stock. Scald milk with onion and mace. Combine mixtures and rub through sieve. Reheat to boiling point and add to cream and egg yolks. Season with salt and pepper. *Serves 8.*

**LEEK AND POTATO SOUP**

|                     |                      |
|---------------------|----------------------|
| 1 bunch leeks       | 5 tablespoons butter |
| 1 cup celery        | 2 tablespoons flour  |
| 1 quart milk        | Salt and pepper      |
| 2 1/2 cups potatoes | Cayenne              |

Cut leeks and celery in very thin slices crosswise and cook in 3 tablespoons butter, stirring constantly, 10 minutes. Add milk and cook in double boiler 40 minutes. Slice potatoes and cut slices in small pieces; cook in boiling salted water 10 minutes. Melt 2 tablespoons butter, add flour, milk with vegetables, and potatoes. Cook until potatoes are soft, and season. *Serves 6 to 8.*

## CRÈME VICHYSOISE

|                                   |                          |
|-----------------------------------|--------------------------|
| $\frac{1}{2}$ cup unsalted butter | 1 stalk celery           |
| 4 leeks                           | 2 potatoes, sliced thin  |
| 1 onion                           | Salt, pepper             |
| 1 quart Chicken Stock (p. 184)    | Few grains nutmeg        |
| Sprig of parsley                  | Few drops Worcestershire |
| 1 cup heavy cream                 |                          |

Melt half the butter in enamelware or glass saucepan, add white part of leeks, cut fine, and minced onion; cook very slowly until tender but not brown. Add stock, parsley, celery, potatoes and seasonings, and cook until potatoes are tender. Put through fine sieve. Add remaining butter, bit by bit. Just before serving, stir in cream. If desired, season with Maggi's Seasoning or curry powder.  
*Serves 6 to 8.*

**Cold Vichyssoise.** Omit butter, except for cooking vegetables. Chill in china or glass bowl. Serve with a delicate sprinkling of finely cut chives or pass chives to be added as liked.

## CREAM OF LETTUCE SOUP

|                                                         |                             |
|---------------------------------------------------------|-----------------------------|
| $2\frac{1}{2}$ cups Veal or Chicken Stock (p. 180, 184) | 1 tablespoon butter         |
| 1 head lettuce, finely cut                              | 1 egg yolk, slightly beaten |
| 2 tablespoons rice                                      | Few grains nutmeg           |
| $\frac{1}{2}$ cup cream                                 | Salt                        |
| $\frac{1}{4}$ tablespoon onion, finely chopped          | Pepper                      |

Cook onion 5 minutes in butter, add lettuce, rice, and stock. Cook until rice is soft, then add cream, egg yolk, nutmeg, salt, and pepper.  
*Serves 6.*

**Purée of Lettuce.** Rub through sieve. Color delicately with green vegetable coloring. Serve with croûtons.

## CLEAR MUSHROOM SOUP

|                               |                  |        |
|-------------------------------|------------------|--------|
| $\frac{1}{2}$ pound mushrooms | 3 pints consommé | Sherry |
|-------------------------------|------------------|--------|

Brush mushrooms, chop stems finely, and break caps in small pieces, or use stems only from 1 pound of mushrooms. Add to consommé, bring gradually to boiling point, and simmer 30 minutes. Cool and clear (p. 179). Just before serving add sherry to taste.  
*Serves 8.*

**CREAM OF MUSHROOM SOUP**

|                                                                                                |                                            |
|------------------------------------------------------------------------------------------------|--------------------------------------------|
| $\frac{1}{4}$ pound mushrooms, <i>or</i> stems and<br>skins from $\frac{1}{2}$ pound mushrooms | 2 tablespoons flour                        |
| 2 cups Chicken Stock (p. 184), milk <i>or</i><br>water                                         | $\frac{1}{2}$ cup cream <i>or</i> top milk |
| 1 small slice onion                                                                            | Salt                                       |
| 3 tablespoons butter                                                                           | Pepper                                     |
|                                                                                                | Lemon juice <i>or</i> grated<br>nutmeg     |

1. Melt butter in deep pan, add onion and mushrooms, chopped fine (no skins, if soup is not to be strained). Cook slowly 15 minutes, stirring as needed. Add flour and stir well. Add stock, milk, or water slowly and bring to boiling point. Cook in double boiler 20 minutes. Season. Strain or not. Just before serving, add cream. *Serves 6.*

2. Chop mushrooms, add onion, and cook in stock or water 20 minutes. Rub through sieve. Reheat. Bind with butter and flour cooked together. Add cream. Season. Reheat.

For a richer soup, prepare mushrooms with stock as above, then add  $\frac{1}{2}$  cup boiling water and 2 tablespoons quick-cooking tapioca. Cook until tapioca is clear. Season. Just before serving, stir in 1 cup heavy cream and 2 egg yolks, slightly beaten. *Serves 8.*

**CREAM OF PEA SOUP (ST. GERMAIN)**

|                                                                      |                               |
|----------------------------------------------------------------------|-------------------------------|
| 1 cup peas, cooked <i>or</i> canned                                  | 1 tablespoon butter           |
| 1 teaspoon sugar                                                     | 1 tablespoon cornstarch       |
| 1 cup water <i>or</i> Veal <i>or</i><br>Chicken Stock (pp. 180, 184) | Salt and pepper               |
| 1 cup milk                                                           | Bit of bay leaf               |
| 1 thin slice onion                                                   | Sprig of parsley } if desired |
|                                                                      | $\frac{1}{2}$ blade mace }    |

Add sugar and water to peas with seasonings, if used, and simmer 30 minutes. Rub through sieve, reheat, and thicken with butter and cornstarch cooked together. Scald milk with onion, remove onion, and add milk to pea mixture and season. Liquor drained from peas may replace part of water or stock. Serve with croûtons. Color delicately with vegetable coloring if peas are not bright-colored. *Serves 4.*

For a richer soup, omit butter and cornstarch and thicken by stirring in 1 egg yolk, slightly beaten with  $\frac{1}{2}$  cup heavy cream; serve immediately.

**Potage Longchamps.** Reheat with a few sprigs fresh mint. Remove mint and add  $\frac{1}{3}$  cup cooked vermicelli. Season to taste.

**ONION SOUP AU GRATIN**

- |                                             |                                      |
|---------------------------------------------|--------------------------------------|
| 5 small onions thinly sliced                | 6 cups Brown Stock (p. 178) or water |
| 3 tablespoons butter                        | 3 tablespoons grated Parmesan cheese |
| 6 slices toast, preferably from French loaf |                                      |

Cook onions slowly in butter until soft. Add stock. Salt to taste and simmer 30 minutes. Place slice of toast in each soup plate or pottery bowl, sprinkle with cheese, and pour soup over it or pass cheese separately. *Serves 6 or 8.*

**Parker House Onion Soup.** Use 2 Bermuda onions, unsalted butter, and chicken stock.

**CREAM OF ONION SOUP (SOUBISE SOUP)**

- |                                |                                                  |
|--------------------------------|--------------------------------------------------|
| 1 Spanish onion, thinly sliced | $\frac{1}{2}$ cup cream                          |
| 2 tablespoons butter           | $\frac{1}{2}$ tablespoon chopped green pepper or |
| 2 cups Chicken Stock (p. 184)  | 2 tablespoons grated cheese                      |
| 1 tablespoon flour             |                                                  |

Salt and pepper

Cook onion in butter 10 minutes, stirring constantly. Add stock, cook slowly 30 minutes. Strain. Mix flour with  $\frac{1}{4}$  cup cold water to pour easily, add to soup, and bring to boiling point. Add cream and chopped pepper or cheese. Season to taste. *Serves 4.*

**PEANUT BUTTER SOUP**

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 tablespoon butter         | 2 tablespoons flour         |
| 3 tablespoons peanut butter | 3 cups scalded milk or part |
| 1 teaspoon minced onion     | Chicken Stock (p. 184)      |

Salt, pepper

Cook onion in butter and peanut butter 5 minutes, add flour, and stir until smooth. Add scalded milk slowly, cook 20 minutes in double boiler, and season to taste. If desired, sprinkle with a few chopped peanuts (roasted and skinned). *Serves 6.*

**PIMIENTO BISQUE**

- |                               |                             |
|-------------------------------|-----------------------------|
| 4 tablespoons rice            | $\frac{1}{2}$ teaspoon salt |
| 3 cups Chicken Stock (p. 184) | Few drops Tabasco sauce     |
| 3 canned pimientos            | $\frac{1}{2}$ cup cream     |
| 1 egg yolk, slightly beaten   |                             |

Cook rice in stock until tender. Add pimientos, rub through sieve; add salt and Tabasco. Bring to boiling point; add to egg yolks and cream. *Serves 6.*

**SPLIT PEA SOUP**

|                                              |                             |
|----------------------------------------------|-----------------------------|
| $\frac{1}{2}$ cup dried split peas           | 2 tablespoons butter        |
| 1 quart cold water                           | 1 tablespoon flour          |
| 1 cup milk                                   | $\frac{1}{2}$ teaspoon salt |
| 1 slice onion                                | Few grains pepper           |
| 1-inch cube fat salt pork <i>or</i> ham bone |                             |

Pick over peas and soak several hours or overnight. Drain, add cold water, pork, and onion. Simmer 3 or 4 hours, or until soft; rub through sieve. Add butter and flour cooked together, salt and pepper. Dilute with milk, adding more if necessary to make 4 cups. The water in which a ham has been cooked may be used; in which case omit salt. A few fresh green peas and croûtons are an attractive garnish. *Serves 6 to 8.*

**CREAM OF SPINACH SOUP I**

|                                               |                      |
|-----------------------------------------------|----------------------|
| 2 cups water <i>or</i> Veal <i>or</i> Chicken | 1 cup milk           |
| Stock (pp. 180, 184)                          | 2 tablespoons butter |
| 1 cup cooked spinach                          | 2 tablespoons flour  |
| Salt and pepper                               |                      |

Chop spinach, add to water or stock, and rub through sieve. Heat to boiling point, bind with butter and flour cooked together, add milk, and season. *Serves 6 to 8.*

*See also* Cream of Vegetable Soup (p. 200).

**CREAM OF SPINACH SOUP II**

|                                    |                     |
|------------------------------------|---------------------|
| 1 cup cooked spinach, chopped fine | 2 tablespoons flour |
| 3 cups milk                        | Salt and pepper     |
| 2 tablespoons butter               | Few grains nutmeg   |

Scald milk with spinach. Bind with butter and flour cooked together. Season. Strain or not. *Serves 6.*

**SQUASH SOUP**

|                                                  |                                    |
|--------------------------------------------------|------------------------------------|
| $\frac{3}{4}$ cup cooked <i>or</i> canned squash | 3 tablespoons flour                |
| 1 quart milk                                     | 1 teaspoon salt                    |
| 1 slice onion                                    | Few grains pepper                  |
| 2 tablespoons butter                             | $\frac{1}{4}$ teaspoon celery salt |

Rub squash through sieve before measuring. Scald milk with onion, remove onion, and add milk to squash; season and bind with butter and flour cooked together. *Serves 6 to 8.*



## POTATO SOUP

|                      |                            |
|----------------------|----------------------------|
| 3 small potatoes     | 1½ teaspoons salt          |
| 1 quart milk         | ¼ teaspoon celery salt     |
| 2 slices onion       | ⅛ teaspoon pepper          |
| 3 tablespoons butter | Few grains cayenne         |
| 1 tablespoon flour   | 1 teaspoon chopped parsley |

Cook potatoes in boiling, salted water; when soft, rub through strainer or use 2 cups mashed potato. Scald milk with onion, remove onion, and add milk slowly to potatoes, mixing with a whisk. Melt half the butter, add dry ingredients, stir until well mixed, then stir into hot soup; boil 1 minute, strain, add remaining butter, and sprinkle with parsley. *Serves 6 to 8.*

**Appledore Soup.** Just before serving, add 3 tablespoons tomato catsup.

**Watercress Almond Soup.** Cut 1½ bunches watercress finely (stems as well) and heat 15 minutes in soup before thickening. Strain. Add a few grains nutmeg. Instead of thickening with butter and flour, beat 1 egg slightly with ½ cup cream. Stir into soup, cook 1 minute, and serve. Sprinkle with a few shaved salted almonds.

## SWISS POTATO SOUP

|                       |                      |
|-----------------------|----------------------|
| 2 small potatoes      | 1 slice onion        |
| 3 slices white turnip | 2 tablespoons butter |
| 1½ cups boiling water | 2 tablespoons flour  |
| 2 cups scalded milk   | ½ teaspoon salt      |
| Few grains pepper     |                      |

Wash, pare, and cut potatoes in halves. Wash, pare, and cut turnips in ¼-inch slices. Parboil together 10 minutes, drain, add onion and boiling water. Cook until vegetables are soft. Rub through sieve without draining. Add milk, reheat, and bind with butter and flour cooked together. Season with salt and pepper. *Serves 6.*

## TOMATO MADRILÈNE

|                                            |                               |
|--------------------------------------------|-------------------------------|
| 3 tablespoons granulated gelatin <i>in</i> | 2 cups tomato juice           |
| ¼ cup cold water, stock, <i>or</i>         | 2 cups Chicken Stock (p. 184) |
| tomato juice                               | Seasonings                    |

Dissolve gelatin in ½ cup hot stock, add remaining stock and tomato juice. Season to taste and strain. Chill. Break up with fork or cut in cubes, and serve piled in bouillon cups. If desired, add ½ cup diced cooked chicken as soup is beginning to thicken. *Serves 6 to 8.*

## TOMATO SOUP

|                                         |                      |
|-----------------------------------------|----------------------|
| 2 cups Brown Stock (p. 178)<br>or water | 2 tablespoons butter |
| 2 cups canned or fresh<br>tomatoes      | 2 tablespoons flour  |
| $\frac{1}{4}$ teaspoon peppercorns      | Onion                |
| Bit of bay leaf                         | Carrot               |
| 2 cloves                                | Celery               |
| 1 sprig thyme                           | Raw ham              |
|                                         | Salt                 |
|                                         | Pepper               |

Cook onion, carrot, celery, and ham in butter 5 minutes; add flour, peppercorns, bay leaf, cloves, and thyme (also 1 clove garlic, if liked) and cook 3 minutes. Add stock or water and tomatoes; cover, and cook slowly 1 hour. When cooked in oven, it requires less watching. Rub through strainer. Season to taste. *Serves 6.*

**Cream of Tomato Soup.** Add  $\frac{1}{8}$  teaspoon soda and 1 teaspoon sugar. Melt 1 tablespoon butter, add 1 tablespoon cornstarch, blend, and pour on hot soup. Bring to boiling point. Just before serving, add 1 cup thin cream. Serve with croûtons.

**Tomato Soup, Portuguese.** Add  $\frac{1}{2}$  cup cooked rice and 2 tomatoes, peeled, diced and sautéed in butter.

## TOMATO BOUILLON or ESSENCE OF TOMATO

|                                        |                                    |
|----------------------------------------|------------------------------------|
| 1 cup tomatoes, fresh or canned        | 3 cloves                           |
| 3 cups bouillon                        | $\frac{1}{4}$ teaspoon celery seed |
| $1\frac{1}{2}$ teaspoons chopped onion | $\frac{1}{4}$ teaspoon peppercorns |

Mix ingredients. Boil 20 minutes. Strain, cool, and clear (p. 179). For a deeper color, add vegetable coloring. *Serves 6.*

**Jellied.** Before straining, add  $1\frac{1}{2}$  tablespoons gelatin soaked in  $\frac{1}{4}$  cup cold water. Strain. Chill. Break up with fork or cut in cubes and serve piled in bouillon cups. If desired, garnish with slice of lemon, bit of chopped parsley, or a spoonful of salted whipped cream with a bit of caviare on top.

**Quick Tomato Bouillon.** Heat 2 cups tomato juice and 2 cups canned consommé with seasonings as above.

**CLEAR TOMATO SOUP or MOCK BOUILLON**

|                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 quart can tomatoes              | 3 cloves                           |
| 1 small green pepper, seeded      | $\frac{1}{2}$ teaspoon peppercorns |
| 2 stalks celery, cut in pieces    | Blade of mace                      |
| 4 slices carrot                   | 1 tablespoon lemon juice or        |
| $\frac{1}{2}$ small onion, sliced | $\frac{1}{3}$ cup sherry           |
| 1 cup water                       | Salt and pepper                    |

Combine vegetables, add water, cloves, peppercorns, and mace. Bring to boiling point and simmer 15 minutes. Strain, and add water to make 1 quart. Add lemon juice or sherry, salt, and pepper. Cool and clear (p. 179). Serve hot or cold in bouillon cups. *Serves 6 to 8.*

**Jellied.** See Jellied Tomato Bouillon (p. 198). Use 2 tablespoons gelatin.

**Thick Tomato Soup.** Brown 2 tablespoons butter, add 2 tablespoons flour, cook 5 minutes. Stir into soup, bring to boiling point, and strain.

**VEAL TOMATO BISQUE**

|                               |                             |
|-------------------------------|-----------------------------|
| 3 cups White Stock (p. 180)   | $\frac{1}{2}$ teaspoon salt |
| 3 tablespoons tomato purée    | Few grains pepper           |
| $\frac{1}{4}$ cup heavy cream | Pinch of soda               |

Mix stock, purée, and cream. Bring to boiling point and season. For the purée, use canned tomato soup, Italian tomato paste, or drain canned tomatoes, and stew, strain, and cook until reduced to a thick pulp. *Serves 6.*

**MOCK BISQUE**

|                                      |                                    |
|--------------------------------------|------------------------------------|
| 1 cup fresh or canned tomatoes       | Bit of bay leaf                    |
| 1 teaspoon sugar                     | 1 slice onion, stuck with 3 cloves |
| Pinch of soda                        | Sprig of parsley                   |
| $\frac{1}{4}$ cup stale bread crumbs | 1 teaspoon salt                    |
| 2 cups milk                          | Few grains pepper                  |
| 2 tablespoons butter                 |                                    |

Cook tomatoes with sugar 15 minutes (shorter time if canned tomatoes are used). Add soda and rub through sieve. Scald milk with bread crumbs, onion, parsley, and bay leaf. Remove seasonings and rub through sieve. Reheat bread and milk to boiling point, add tomatoes, butter, salt, and pepper. *Serves 4 to 6.*

**CREAM OF TOMATO AND CORN**

|                                     |                               |
|-------------------------------------|-------------------------------|
| $\frac{1}{2}$ onion, finely chopped | 1 tablespoon sugar            |
| 2 tablespoons butter                | $\frac{1}{2}$ teaspoon salt   |
| Bit of bay leaf                     | $\frac{1}{4}$ teaspoon pepper |
| 6 peppercorns                       | 1 cup water                   |
| 1 tablespoon flour                  | 1 cup canned corn, chopped    |
|                                     | 1 cup canned tomatoes         |

Cook onion slowly in butter 5 minutes, stirring constantly. Add bay leaf, peppercorns, and flour, and cook 2 minutes. Add other ingredients. Simmer 30 minutes and strain. For a richer soup, add just before serving 2 slightly beaten egg yolks mixed with  $\frac{1}{2}$  cup cream. *Serves 4 to 6.*

**CREAM OF WATERCRESS SOUP**

|                                             |                          |
|---------------------------------------------|--------------------------|
| 1 bunch watercress, finely cut              | 1 cup cream              |
| 2 cups Veal or Chicken Stock (pp. 180, 184) | Salt                     |
| 2 tablespoons butter                        | Pepper                   |
| 2 tablespoons flour                         | Green vegetable coloring |

Add cress to stock. Bring to boiling point and simmer 10 minutes. Strain and bind with butter and flour cooked together. Bring to boiling point. Add cream, salt, and pepper. Color delicately. *Serves 6.*

**CREAM OF VEGETABLE SOUP I (General Recipe)**

|                                                               |                      |
|---------------------------------------------------------------|----------------------|
| $\frac{1}{2}$ to 1 cup cooked vegetable,<br>mashed or chopped | 2 slices onion       |
| 3 cups milk                                                   | 2 tablespoons butter |
|                                                               | 2 tablespoons flour  |
|                                                               | Salt and pepper      |

Cook vegetable, milk, and onion in double boiler 20 minutes. Rub through sieve, reheat, and stir in butter and flour cooked together. Cook 5 minutes. Season to taste. *Serves 6.*

**CREAM OF VEGETABLE SOUP II (General Recipe)**

|                                         |                                                                                                 |
|-----------------------------------------|-------------------------------------------------------------------------------------------------|
| 1 cup Thin White Sauce<br>(p. 222)      | 1 cup vegetable stock<br>(water in which vegetables<br>were cooked or that drained<br>from can) |
| 1 cup cooked vegetable<br>or vegetables |                                                                                                 |
|                                         | Salt and pepper                                                                                 |

Omit seasoning in making White Sauce if vegetable stock is salted. Add vegetables and vegetable stock. Boil 2 minutes. Put through

sieve and season to taste. If desired, sprinkle with grated cheese. A combination of vegetables may be used. *Serves 6.*

### VEGETABLE SOUP

|                                         |                          |                                         |
|-----------------------------------------|--------------------------|-----------------------------------------|
| Carrot                                  | } $\frac{1}{2}$ cup each | 1 quart water <i>or</i> stock           |
| Turnip                                  |                          | 5 tablespoons butter                    |
| Celery                                  |                          | $\frac{1}{2}$ tablespoon finely chopped |
| Potatoes                                |                          | parsley                                 |
| $\frac{1}{2}$ onion, cut in thin slices |                          | Salt and pepper                         |

Wash and scrape or pare vegetables and cut in cubes of uniform size. Mix vegetables (except potatoes) and cook 10 minutes in 4 tablespoons butter, stirring constantly. Add potatoes, cover, and cook 2 minutes. Add water or stock and boil 1 hour, or until vegetables are soft. Add more water as needed. If desired, beat with spoon or fork to break vegetables. Add remaining butter and parsley. Season with salt and pepper. *Serves 6 to 8.*

### VEGETABLE CHOWDER

|                                            |                            |
|--------------------------------------------|----------------------------|
| 1 cup sliced okra, cooked <i>or</i> canned | 3 potatoes, in small cubes |
| 2 cups tomato                              | 1 stalk celery, cut fine   |
| $\frac{1}{2}$ cup peas                     | 2 green peppers, chopped   |
| 2 onions, thinly sliced                    | 2 quarts water             |
| 3 slices bacon, diced                      |                            |

Cook bacon until crisp and brown. Add other ingredients. Cook slowly until vegetables are soft. Season to taste with salt and pepper. Many other vegetables may be added, chopped or in small pieces, such as cabbage, asparagus, carrots, broccoli or cauliflower flowerets, Lima beans, etc. *Serves 6 to 8 generously.*

### MINESTRONE I

|                                                    |                                          |
|----------------------------------------------------|------------------------------------------|
| 3 cups thinly sliced vegetables                    | 1 bay leaf                               |
| $\frac{1}{4}$ cup diced salt pork <i>or</i> butter | Bit of thyme                             |
| 2 quarts boiling water                             | Salt, pepper                             |
| 2 sprigs parsley                                   | 1 cup elbow macaroni <i>or</i> spaghetti |
| Grated Roman <i>or</i> Parmesan cheese             |                                          |

Sauté vegetables (such as tomatoes, celery, carrots, and onions) slowly in salt pork or butter 15 minutes. Add other ingredients, boil 5 minutes. Then reduce heat and simmer 30 minutes. Serve with grated cheese. *Serves 6 or more.*



## MINESTRONE II

|                                        |                                                            |
|----------------------------------------|------------------------------------------------------------|
| $\frac{1}{8}$ pound salt pork, diced   | 2 quarts boiling water                                     |
| $\frac{1}{2}$ cup minced raw ham       | $\frac{1}{4}$ cup tomato paste <i>or</i> 1 cup tomato pulp |
| 1 onion, cut fine                      | 1 cup coarsely chopped cabbage                             |
| 1 tablespoon minced parsley            | 1 cup dried beans                                          |
| $\frac{1}{2}$ clove garlic, minced     | 1 cup cooked elbow macaroni                                |
| Grated Parmesan <i>or</i> Roman cheese |                                                            |

Soak beans overnight, drain, add fresh water, and cook slowly until soft, adding salt to taste just before they are done. Drain. Add onion, parsley, and garlic to pork and ham. Cook and stir over moderate heat 5 minutes. Add water and tomato paste or canned tomatoes and simmer 15 minutes. Add cabbage and cook 10 minutes. Add beans and macaroni. Season to taste. Add water or stock to make  $1\frac{1}{2}$  quarts. Heat thoroughly. Pass grated cheese to sprinkle on soup. *Serves 6 to 8.*

*Note:* Many vegetables may be added as convenient, such as sliced potato, sliced zucchini, or summer squash, carrots, peas, minced lettuce, sliced leeks (white part), etc.

## OYSTER STEW

|                              |                               |
|------------------------------|-------------------------------|
| 1 quart oysters              | $\frac{1}{4}$ cup butter      |
| $\frac{3}{4}$ cup cold water | $\frac{1}{2}$ tablespoon salt |
| 4 cups scalded milk          | $\frac{1}{8}$ teaspoon pepper |

Carefully pick over oysters, removing bits of shell. Add water, cook until oysters are plump and edges begin to curl. Remove oysters with skimmer and add to milk. Add strained oyster liquor, butter, salt, and pepper. If desired, add finely minced tips of 2 green onions and a little minced parsley. *Serves 4 to 6.*

**Cream Oyster Stew.** Use 3 cups milk just before serving, add 1 cup cream.

## SCALLOP STEW

|                               |                               |
|-------------------------------|-------------------------------|
| 1 quart scallops              | $\frac{1}{4}$ cup butter      |
| 1 quart milk                  | $\frac{1}{2}$ tablespoon salt |
| $\frac{1}{8}$ teaspoon pepper |                               |

Clean scallops, cut in halves if large, and cook 5 minutes in half the butter. Add milk and seasonings and cook slowly 15 minutes. Add remaining butter. *Serves 4 to 6.*

**OYSTER or CLAM BISQUE**

|                                 |                          |
|---------------------------------|--------------------------|
| 1 quart oysters <i>or</i> clams | Sprig of parsley         |
| 4 cups milk                     | Bit of bay leaf          |
| 1 slice onion                   | $\frac{1}{3}$ cup butter |
| 2 stalks celery                 | $\frac{1}{3}$ cup flour  |
| 1 blade mace                    | Salt and pepper          |

Pick over oysters, removing bits of shell. Reserve liquor, add oysters slightly chopped, heat slowly to boiling point, and simmer 20 minutes. Strain, reheat liquor, and thicken with butter and flour cooked together. Scald milk with onion, celery, mace, parsley, and bay leaf; remove seasonings and add to oyster liquor. Season with salt and pepper. For a richer soup, use part cream, adding it just before serving, and reduce flour to 2 tablespoons. *Serves 8.*

**French Oyster Soup.** Just before serving, pour over two egg yolks, slightly beaten. Garnish with Fish Quenelles (p. 172).

**Clam and Tomato Bisque.** Use 2 cups cream in place of milk and, just before serving, add 1 cup hot stewed and strained tomatoes to which few grains of soda have been added.

**OYSTER SOUP, AMSTERDAM STYLE**

|                                  |                             |
|----------------------------------|-----------------------------|
| 1 quart oysters                  | $\frac{1}{2}$ teaspoon salt |
| Water                            | Paprika                     |
| 3 tablespoons butter             | Celery salt                 |
| $3\frac{1}{2}$ tablespoons flour | 1 cup cream                 |

Pick over oysters, removing bits of shell. Chop. Add 2 cups water; simmer 20 minutes. Strain through cheesecloth and add enough water to liquor to make 1 quart. Brown butter, add flour, and pour on oyster liquor gradually, while stirring constantly. Simmer  $\frac{1}{2}$  hour. Season. Just before serving, add cream. *Serves 8.*

**OYSTER GUMBO**

|                            |                                          |
|----------------------------|------------------------------------------|
| 1 pint oysters             | 1 cup cooked <i>or</i> canned okra       |
| 4 cups Fish Stock (p. 175) | 2 cups tomatoes, cooked <i>or</i> canned |
| $\frac{1}{4}$ cup butter   | Salt                                     |
| 1 tablespoon chopped onion | Pepper                                   |

Clean, pick over, and parboil oysters; drain and add oyster liquor to Fish Stock. Cook onion 5 minutes in half the butter. Add to stock. Then add okra, tomatoes, heated and drained from some of their liquor, oysters, and remaining butter. Season. *Serves 8 generously.*

**CLAM BROTH**

Wash and scrub with brush  $\frac{1}{2}$  peck of clams in the shell, changing water several times. Put in kettle with 3 cups cold water, cover tightly, and steam until shells are well opened. Strain liquor through cheesecloth. Cool and clear (p. 179), if desired. Serve with spoonful of salted whipped cream or Pimiento Cream (p. 169), if desired. *Serves 6.*

**CLAM CONSOMMÉ**

Wash 2 quarts clams in shell. Put in kettle with  $\frac{1}{2}$  cup cold water, cover, and cook until shells open. Strain liquor through double thickness cheesecloth, add to 3 cups consommé, and clear. Serve hot or iced. *Serves 6 to 8.*

**Clam and Tomato Broth.** Combine with equal quantity Tomato Bouillon, homemade (p. 198), or canned. Season to taste with celery salt.

**Clam and Chicken Frappé.** To  $1\frac{2}{3}$  cups clam liquor, add  $2\frac{1}{2}$  cups Chicken Stock (p. 184). Season highly. Freeze to mush. Garnish with small amount of slightly salted whipped cream.

**Manhattan Clam Bisque.** To clam liquor, add enough hot water to make 1 quart. Brown 3 tablespoons butter, add 3 tablespoons flour, and continue browning; add liquid gradually. Bring to boiling point and simmer 20 minutes. Season. Just before serving, add 1 cup thin cream or top milk. Garnish with Pimiento Cream (p. 169). *Serves 8.*

**CHICKEN AND OYSTER CONSOMMÉ**

|                               |                         |
|-------------------------------|-------------------------|
| 1 pint oysters                | 1 teaspoon salt         |
| $\frac{1}{2}$ cup cold water  | Few grains cayenne      |
| 3 cups Chicken Stock (p. 184) | $\frac{1}{2}$ cup cream |

Chop oysters (reserving soft portion of 12), add cold water, let simmer 25 minutes. Strain oyster liquor and add to stock. Season with salt and cayenne, add cream and soft parts of oysters, cooked until plump. Reheat and serve at once to avoid separating. *Serves 6.*

**LOBSTER BISQUE**

|                              |                             |
|------------------------------|-----------------------------|
| 1-pound lobster, cooked      | 2 tablespoons butter        |
| 1 cup Chicken Stock (p. 184) | 2 tablespoons flour         |
| or water                     | $\frac{1}{2}$ teaspoon salt |
| 2 cups milk                  | Few grains of cayenne       |

Remove meat from lobster shell. Add cold water or stock to body bones and tough ends of claws, cut in pieces; bring slowly to boiling

point and cook 20 minutes. Drain, reserve liquor, and thicken with butter and flour cooked together. Scald milk with tail meat of lobster, finely chopped. Strain, add to liquor. Season with salt and cayenne. Add tender claw meat, cut in dice, and body meat. If coral is found in lobster, wash, wipe, force through fine strainer, put in mortar with butter, work until well blended, then add flour and stir into soup. For a richer soup, reduce milk to  $1\frac{1}{2}$  cups and add  $\frac{1}{2}$  cup cream just before serving. *Serves 6.*

### CRAB BISQUE

|                                                           |                                         |
|-----------------------------------------------------------|-----------------------------------------|
| $1\frac{1}{2}$ cups crab meat, cooked <i>or</i><br>canned | 1 sprig parsley                         |
| 2 cups Chicken Stock (p. 184) <i>or</i>                   | 2 tablespoons butter                    |
| 2 chicken bouillon cubes in                               | 2 tablespoons flour                     |
| 2 cups boiling water                                      | 2 cups top milk <i>or</i> thin<br>cream |
| $\frac{1}{2}$ cup stale bread crumbs                      | Salt                                    |
| 1 slice onion                                             | Cayenne                                 |

Remove meat from crabs and chop finely. Add stock, bread crumbs, onion, and parsley. As additional seasoning, add grated rind of 1 lemon. Simmer 20 minutes. Rub through sieve (or not), bind with butter and flour cooked together. Add cream. Season and re-heat. If liked, add  $\frac{1}{2}$  teaspoon Angostura or season to taste with sherry. *Serves 8.*

### SHRIMP BISQUE

|                                                 |                                       |
|-------------------------------------------------|---------------------------------------|
| 3 tablespoons butter                            | Blade mace                            |
| 2 tablespoons chopped celery                    | $\frac{1}{2}$ teaspoon peppercorns    |
| 4 tablespoons chopped mushrooms<br>(if desired) | $\frac{1}{2}$ teaspoon salt           |
| 2 slices, each, onion and carrot                | $\frac{1}{8}$ teaspoon pepper         |
| Bit of bay leaf                                 | 1 tablespoon lemon juice              |
| Sprig of marjoram                               | 2 cups Chicken Stock (p. 184)         |
|                                                 | 1 cup shrimps, fresh <i>or</i> canned |
|                                                 | 1 cup heavy cream                     |

Melt butter, add seasonings, mushrooms, and celery, and cook slowly 5 minutes; add stock and simmer 15 minutes. Strain, add shrimps, cut fine, and cook 5 minutes. Press through sieve or not. Add cream. Season with white wine, if desired. *Serves 6 to 8.*

**SCALLOP BISQUE**

|                                    |                          |
|------------------------------------|--------------------------|
| 1 pint scallops                    | 1 teaspoon chopped onion |
| 2 cups milk                        | 3 tablespoons butter     |
| 1 clove                            | 2 tablespoons flour      |
| Bit of bay leaf                    | Salt                     |
| $\frac{1}{8}$ teaspoon peppercorns | Pepper                   |

Clean scallops and reserve  $\frac{1}{2}$  cup. Chop remainder finely and add to milk with seasonings and 1 tablespoon butter; cook slowly 20 minutes. Strain and bind with butter and flour cooked together. Parboil reserved scallops and add to soup. *Serves 4.*

**HALIBUT SOUP**

|                                  |                                  |
|----------------------------------|----------------------------------|
| $\frac{3}{4}$ cup cooked halibut | 3 tablespoons butter             |
| 1 pint milk                      | $1\frac{1}{2}$ tablespoons flour |
| 1 slice onion                    | $\frac{1}{2}$ teaspoon salt      |
| Blade of mace                    | Few grains pepper                |

Rub fish through sieve. Scald milk with onion and mace. Remove seasonings. Add fish. Bind with half the butter and flour cooked together. Add salt, pepper, and remaining butter in small pieces. *Serves 4.*

**SALMON SOUP**

|                      |                               |
|----------------------|-------------------------------|
| 1 cup salmon         | 4 tablespoons flour           |
| 1 quart milk         | $1\frac{1}{2}$ teaspoons salt |
| 2 tablespoons butter | Few grains pepper             |

Drain oil from salmon, remove skin and bones, and scald with milk. Rub through sieve. Season, and bind with butter and flour cooked together. *Serves 6.*

**FISH CHOWDER**

|                                                                                     |                               |
|-------------------------------------------------------------------------------------|-------------------------------|
| 4-pound cod or haddock                                                              | 1 tablespoon salt             |
| 1 quart potatoes cut in $\frac{1}{4}$ -inch slices, or in $\frac{3}{4}$ -inch cubes | $\frac{1}{8}$ teaspoon pepper |
| 1 sliced onion                                                                      | 3 tablespoons butter          |
| $1\frac{1}{2}$ -inch cube fat salt pork                                             | 4 cups scalded milk           |
|                                                                                     | 8 common or Boston crackers   |

Order the fish skinned, but head and tail left on. Cut off head and tail and remove fish from backbone. Cut fish in 2-inch pieces and set aside. Put head, tail, and backbone broken in pieces, in stewpan; add 2 cups cold water and bring slowly to boiling point; cook 5 minutes. Cut salt pork in small pieces and try out, add onion, and fry 5 minutes; strain fat into large pan. Add potatoes to fat; then add 2 cups



boiling water and cook 5 minutes. Add liquor drained from bones; add fish, cover, and simmer 10 minutes. Add milk, salt, pepper, butter, and crackers split and soaked in enough cold milk to moisten (otherwise they will be soft on the outside, but dry on the inside).

*Serves 8 generously.*

**Connecticut Fish Chowder.** Omit milk. Add  $2\frac{1}{2}$  cups stewed and strained tomatoes and add  $\frac{2}{3}$  cup cracker crumbs just before serving. Add more water if too thick.

### FISH CHOWDER WITH FISH BALLS

|                              |                                  |
|------------------------------|----------------------------------|
| 3-pound haddock              | 1 beaten egg                     |
| 1 quart cold water           | 1 quart potatoes cut in          |
| 2 slices carrot              | $\frac{3}{4}$ -inch cubes        |
| Bit of bay leaf              | 2-inch cube fat salt pork, diced |
| Sprig of parsley             | 1 sliced onion                   |
| 2 tablespoons cracker crumbs | 5 tablespoons flour              |
| Salt, pepper, cayenne        | 1 quart scalded milk             |
| 2 tablespoons melted butter  | $\frac{1}{4}$ cup butter         |
| Few drops onion juice        | 8 common or Boston crackers      |
|                              | 1 pint cold milk                 |

Split crackers, cover with cold milk, and set aside. Clean, skin, and bone fish. Add to bones cold water, carrot, bay leaf, and parsley, and simmer 20 minutes. Strain stock from bones into large saucepan or kettle. Chop raw fish meat; there should be  $1\frac{1}{2}$  cups. Add cracker crumbs, seasonings, melted butter, and egg, then shape in small balls. Try out pork, add onion, and cook 5 minutes. Strain into fish stock and add potatoes and fish balls. Cook until potatoes are soft. Thicken milk with butter and flour cooked together. Combine mixtures and season highly with salt, pepper, and cayenne. Add soaked crackers.

*Serves 8.*

### LOBSTER CHOWDER or STEW

|                                  |                    |
|----------------------------------|--------------------|
| 2-pound boiled lobster           | 1 slice onion      |
| 3 tablespoons butter             | 1 cup cold water   |
| $\frac{1}{4}$ cup cracker crumbs | Salt               |
| 4 cups milk                      | Paprika or cayenne |

Remove meat from lobster shell and cut in small dice. Cream 2 tablespoons butter, add liver of lobster (green part) and cracker crumbs; scald milk with onion, remove onion, and add milk to mixture. Break up body bones and cook 10 minutes in 1 cup cold water. Strain and add to mixture with lobster dice. Season with salt and paprika. Add sherry to taste, if desired. *Serves 6.*

**BOUILLABAISSE**

|                                                           |                                                           |
|-----------------------------------------------------------|-----------------------------------------------------------|
| 3 pounds fish                                             | 1 pinch saffron                                           |
| $\frac{1}{2}$ cup olive oil                               | Juice 1 lemon                                             |
| 1 dozen oysters, clams, <i>or</i><br>mussels              | 1 bay leaf                                                |
| $\frac{1}{2}$ cup shrimps, crab <i>or</i><br>lobster meat | 2 medium-sized onions, sliced                             |
| 2 leeks, sliced                                           | 1 carrot                                                  |
| 2 large tomatoes <i>or</i> 1 cup<br>canned (strained)     | $\frac{1}{2}$ cup canned pimienta, cut in<br>small pieces |
| 2 cups Fish Stock <i>or</i> water                         | 1 garlic clove, bruised                                   |
|                                                           | 1 tablespoon minced parsley                               |
|                                                           | Toast                                                     |

Use flounder, whiting, sole, haddock, perch, whitefish, or red mullet, or a combination of two or more.

Cook carrot, onion, garlic, and leeks in olive oil until golden brown. Add fish cut in 3-inch squares, tomato, bay leaf, and stock. Simmer 20 minutes. Add shellfish, pimienta, and saffron to taste. Season with salt, pepper, and lemon juice. Put toast in deep dish, add bouillabaisse, and sprinkle with parsley. Serve the fish from a separate serving dish. Add 1 cup white wine, if desired. *Serves 8.*

**NEW ENGLAND CLAM CHOWDER**

|                                                      |                                    |
|------------------------------------------------------|------------------------------------|
| 1 quart clams                                        | 1 tablespoon salt                  |
| 4 cups potatoes, cut in<br>$\frac{3}{4}$ -inch cubes | $\frac{1}{8}$ teaspoon pepper      |
| 1 $\frac{1}{2}$ -inch cube fat salt pork             | 4 tablespoons butter               |
| 1 sliced onion                                       | 4 cups scalded milk                |
|                                                      | 8 common <i>or</i> Boston crackers |

Clean and pick over clams, using 1 cup cold water; drain, reserve liquor, heat to boiling point, and strain. Chop finely hard part of clams; cut pork in small pieces and try out; add onion, fry 5 minutes, and strain into a stewpan. Parboil potatoes 5 minutes in boiling water to cover; drain and put a layer in bottom of stewpan; add chopped clams, sprinkle with salt and pepper, and dredge generously with flour; add remaining potatoes, again sprinkle with salt and pepper, dredge with flour, and add  $2\frac{1}{2}$  cups boiling water. Cook 10 minutes, add milk, soft part of clams, and butter; boil 3 minutes and add crackers split and soaked in enough cold milk to moisten. Reheat clam water to boiling point and thicken with one tablespoon butter and flour cooked together. Add to chowder just before serving. *Serves 8 generously.*

Clam water may cause milk to separate, hence is added last.

## MANHATTAN CLAM CHOWDER

- |                                                           |                                                  |
|-----------------------------------------------------------|--------------------------------------------------|
| 1 pint hard clams, finely chopped,<br>or canned clams, or | 1 cup potatoes, cut in $\frac{3}{4}$ -inch cubes |
| 1 dozen large clams, cut in small<br>pieces               | 2 cups boiling water                             |
| 3-inch cube fat salt pork, cut in<br>small pieces         | 2 cups stewed tomatoes, strained<br>if desired   |
| 1 onion, thinly sliced                                    | Salt                                             |
|                                                           | Pepper                                           |
|                                                           | Thyme, if desired                                |

Try out pork, add onion, fry 5 minutes, and strain or not as desired. Add potatoes, water, and 1 teaspoon salt. Boil until potatoes are nearly done. Add tomatoes. Reheat. Add clams, season to taste, and boil 3 minutes. Serve at once. *Serves 6.*

To vary, cook with onion  $\frac{1}{2}$  cup, each, finely cut carrot and celery and  $\frac{1}{2}$  green pepper, seeded and finely cut. Add  $\frac{1}{2}$  teaspoon caraway seeds.

## RHODE ISLAND CLAM CHOWDER

- |                                                      |                                       |
|------------------------------------------------------|---------------------------------------|
| 1 quart clams                                        | 1 cup stewed and strained<br>tomatoes |
| 3-inch cube fat salt pork                            | $\frac{1}{4}$ teaspoon soda           |
| 1 sliced onion                                       | 1 cup scalded milk                    |
| $\frac{1}{2}$ cup cold water                         | 1 cup scalded cream                   |
| 4 cups potatoes, cut in $\frac{3}{4}$ -inch<br>cubes | 2 tablespoons butter                  |
| 2 cups boiling water                                 | 8 common or Boston crackers           |
| Salt and pepper                                      |                                       |

Cook pork with onion and cold water 10 minutes; drain and reserve liquor. Wash clams and reserve liquor. Parboil potatoes 5 minutes and drain. To potatoes add reserved liquors, hard part of clams, finely chopped, and boiling water. When potatoes are nearly done, add tomatoes, soda, soft part of clams, milk, cream, and butter. Season with salt and pepper. Split crackers, soak in cold milk to moisten, and reheat in chowder. *Serves 8.*

## CHAPTER 15

# Stuffings, Garnishes, and Quick Relishes

The amount of stuffing to be used cannot be definitely stated since fowl vary in body structure even with the same weight. As a general basis, allow 3 to 4 cups stuffing for 4 or 5-pound chicken, 12 cups or more for 10-pound turkey, about 3 cups for duck, 2 to 4 tablespoons to a squab, 2 cups for 4-pound boned fish.

### PLAIN STUFFING (*Basic Recipe*)

|                                                                                                      |                                                                      |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| 4 cups bread crumbs <i>or</i> half<br>cracker crumbs                                                 | $\frac{1}{2}$ teaspoon salt                                          |
| $\frac{1}{2}$ cup melted butter <i>or</i> savory<br>fat such as bacon, sausage,<br><i>or</i> chicken | $\frac{1}{2}$ teaspoon poultry season-<br>ing, sage, <i>or</i> thyme |
|                                                                                                      | 3 tablespoons chopped onion,<br>if liked                             |
|                                                                                                      | $\frac{1}{8}$ teaspoon pepper                                        |
|                                                                                                      | <i>Makes 4 cups</i>                                                  |

**To Prepare Bread Crumbs**, remove crusts from bread 2 days old, and crumble soft part with fingers. For a drier stuffing, cut bread (crusts removed) in small cubes and toast in oven until delicately brown. If a more highly seasoned stuffing is liked, add  $\frac{1}{2}$  teaspoon grated orange or lemon peel, nutmeg, chopped parsley, chives, summer savory, celery seed, or marjoram to taste.

**Mix** ingredients lightly with fork. Season to taste. If a compact stuffing is desired, moisten with hot water or scalded milk and stir in 1 egg, slightly beaten.

**Apricot Stuffing.** Add 1 cup cooked apricots, cut in strips. Moisten with water in which apricots were cooked. Add chopped celery ( $\frac{1}{2}$  cup) and omit onion and high seasonings.

**Celery Stuffing I.** Add 1 cup finely cut celery, sautéed in 2 tablespoons of the butter. Moisten, if liked, with tomato juice (for goose or duck).

**Corn Bread Stuffing.** Use stale corn bread crumbs in place of part or all crumbs.

**Egg Stuffing.** Add 2 cups scalded milk and 2 eggs slightly beaten.

**Fish Stuffing.** For 4-pound fish, make half amount. Omit onion and add 2 tablespoons lemon juice and  $\frac{1}{4}$  cup chopped parsley or 2 tablespoons chopped dill pickle or capers.

**Giblet Stuffing.** Cover giblets with 1 quart cold water. Bring slowly to boiling point. Simmer until tender, removing liver as soon as tender. Chop and add.

**Onion Stuffing.** Parboil 6 onions 10 minutes. Drain, chop fine, and add to dressing with 1 egg slightly beaten.

**Oyster Stuffing I.** Wash 1 pint oysters and remove tough muscles. Add to dressing with  $\frac{1}{4}$  cup oyster liquor. Season with salt, pepper, and mace.

**Oyster Stuffing II.** Make with cracker crumbs. For each cup of crumbs add 1 cup washed oysters (tough muscle removed),  $1\frac{1}{2}$  teaspoons lemon juice, and  $1\frac{1}{2}$  tablespoons finely chopped parsley. Moisten with oyster liquor.

**Raisin and Nut Stuffing.** Add 1 cup seeded raisins, cut in pieces, and 1 cup English walnut meats, broken in pieces.

### NEW ENGLAND STUFFING

12 slices bread,  $\frac{1}{2}$  inch thick  
Stock *or* water to moisten  
2-inch cube fat salt pork, finely  
chopped

1 egg, well beaten  
Salt  
Pepper  
Sage *or* poultry seasoning

Remove crusts from bread. Toast. Chop, moisten with stock. Add pork, egg, and seasonings. *Makes 3 cups.*

### APPLE STUFFING

$\frac{1}{4}$  cup diced salt pork  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{2}$  cup chopped onion  
1 cup fine, dry bread crumbs

$\frac{1}{4}$  cup chopped parsley  
5 tart apples, diced  
 $\frac{1}{2}$  cup sugar  
Salt and pepper

Fry pork until crisp, remove pieces. Cook celery, onion, and parsley in fat 3 minutes and remove. Put apples in fat, sprinkle with sugar, cover, and cook slowly until tender. Uncover and cook until glazed. Add crumbs, salt pork scraps, and cooked vegetables, and season. *Makes 4 cups.*



**APPLE AND PRUNE STUFFING I**

Use equal amounts of whole prunes and sliced apple rings. Let prunes stand 5 minutes in boiling water. Fill bird  $\frac{3}{4}$  full, as fruit will swell.

**APPLE AND PRUNE STUFFING II**

|                              |                                             |
|------------------------------|---------------------------------------------|
| $\frac{1}{2}$ pound prunes   | $\frac{1}{4}$ teaspoon sugar                |
| 2 tablespoons seeded raisins | $\frac{1}{2}$ egg, beaten                   |
| 2 tablespoons cracker crumbs | 1 large apple, peeled, cored,<br>and sliced |
| $\frac{1}{8}$ teaspoon salt  |                                             |

Pour boiling water over prunes and raisins. Let stand 5 minutes. Drain. Remove prune stones. Add crumbs, seasonings, and egg. Add apple. *Makes 2 cups.*

**CELERY STUFFING II**

|                                  |                                         |
|----------------------------------|-----------------------------------------|
| 1 cup fine, dry bread crumbs     | 1 tablespoon parsley                    |
| $\frac{1}{4}$ cup chopped celery | $\frac{1}{8}$ teaspoon savory seasoning |
| 1 tablespoon butter              | $\frac{1}{8}$ teaspoon celery seed      |
| 1 tablespoon minced onion        | $\frac{1}{4}$ teaspoon salt             |
| Few grains pepper                |                                         |

Cook celery, onion, and parsley in butter 3 minutes. Add other ingredients. *Makes 1 cup.*

**CHESTNUT STUFFING**

|                                         |                         |
|-----------------------------------------|-------------------------|
| 3 cups boiled French chestnuts (p. 437) | $\frac{1}{4}$ cup cream |
| $\frac{1}{2}$ cup butter                | Salt, pepper            |
| 1 cup cracker crumbs                    |                         |

Force chestnuts through ricer. Add half the butter and cream. Season. Melt remaining butter, mix with crumbs. Combine mixtures. *Makes 4 cups.*

**MINT or WATERCRESS STUFFING**

|                                           |                                          |
|-------------------------------------------|------------------------------------------|
| 3 cups fine, dry bread crumbs             | 3 tablespoons chopped celery             |
| $\frac{1}{2}$ cup fresh mint leaves or    | $1\frac{1}{2}$ tablespoons chopped onion |
| $1\frac{1}{2}$ cups finely cut watercress | $\frac{3}{4}$ teaspoon salt              |
| 6 tablespoons butter                      | $\frac{1}{8}$ teaspoon pepper            |

Cook onion and celery 2 minutes in 3 tablespoons butter. Add mint or cress and seasonings. Cook until water evaporates. Add 3 tablespoons melted butter to crumbs and combine ingredients. *Makes 3 cups. For 4-pound chicken.*

**MUSHROOM STUFFING**

|                                            |                      |
|--------------------------------------------|----------------------|
| $\frac{1}{2}$ cup mushrooms, cut in pieces | 4 tablespoons butter |
| $\frac{3}{4}$ cup bread crumbs             | Salt and pepper      |

Sauté mushrooms in butter and add other ingredients. *Makes 1 cup.*

**MUSHROOM AND EGG STUFFING**

|                                                    |                                       |
|----------------------------------------------------|---------------------------------------|
| 2 cups bread crumbs                                | 1 hard-cooked egg, chopped            |
| Stock or water to moisten                          | $\frac{1}{4}$ pound mushrooms, sliced |
| 2-inch cube fat salt pork,<br>finely chopped       | and sautéed in butter                 |
|                                                    | Salt and pepper                       |
| $\frac{1}{4}$ teaspoon poultry seasoning, if liked |                                       |

The amount of mushrooms may be varied. *Makes 3 cups.* When making enough for 10–12-pound turkey, use 10–12 cups bread crumbs and add 1 beaten egg.

**SAVORY MUSHROOM STUFFING**

|                                                             |                                          |
|-------------------------------------------------------------|------------------------------------------|
| $\frac{3}{4}$ cup finely chopped mushrooms, fried in butter | $\frac{1}{8}$ teaspoon pepper            |
| Few drops onion juice                                       | Few grains cayenne                       |
| 1 cup stale bread crumbs                                    | Few grains nutmeg                        |
| $\frac{3}{4}$ teaspoon salt                                 | $\frac{1}{2}$ tablespoon chopped parsley |
| $\frac{1}{8}$ teaspoon celery salt                          | $\frac{1}{2}$ teaspoon chopped chives    |
|                                                             | 2 tablespoons melted butter              |
| $\frac{1}{2}$ cup stock or water                            |                                          |

Mix in order given. *Makes 2 cups.*

**ORANGE STUFFING**

|                                                        |                                  |
|--------------------------------------------------------|----------------------------------|
| 3 cups bread cubes                                     | 2 cups finely cut celery         |
| $\frac{1}{2}$ cup hot water or orange juice            | $\frac{1}{4}$ cup butter, melted |
| 2 teaspoons grated orange rind                         | 1 egg, slightly beaten           |
| $\frac{2}{3}$ cup orange sections, freed from membrane | $\frac{1}{2}$ teaspoon salt      |
|                                                        | $\frac{1}{8}$ teaspoon pepper    |

Toast bread lightly, add water or juice, and let stand 15 minutes. Add other ingredients. *Makes 4 to 5 cups.*

**PEANUT STUFFING**

|                                                   |                       |
|---------------------------------------------------|-----------------------|
| $\frac{3}{4}$ cup cracker crumbs                  | 2 tablespoons butter  |
| $\frac{1}{2}$ cup shelled peanuts, finely chopped | Few drops onion juice |
| $\frac{1}{2}$ cup heavy cream                     | Salt and pepper       |
|                                                   | Cayenne               |

Mix in order given. *Makes 1 cup.*

## POTATO STUFFING

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 2 cups hot mashed potato         | 1 teaspoon salt                    |
| 1¼ cups soft, stale bread crumbs | 1 teaspoon sage                    |
| ½ cup melted butter              | ¼ cup finely chopped fat salt pork |
| 1 egg, if wanted                 | 1 onion, finely chopped            |

Mix in order given. *Makes 3½ cups.*

**With Giblets.** Add ½ cup giblets, cooked and finely chopped.

**With Pecans.** Reduce onion to 1 tablespoon. Add 1 cup pecan meats, broken in pieces. Vary seasoning, if desired, by using ½ teaspoon sage, 1 teaspoon marjoram, and ½ teaspoon thyme.

## WILD RICE STUFFING

- |                      |                                    |
|----------------------|------------------------------------|
| 1 cup wild rice      | 3 tablespoons butter               |
| Giblets              | 2 tablespoons chopped onion        |
| 4 cups boiling water | 1 tablespoon chopped green pepper, |
| 1 teaspoon salt      | if liked                           |

Add giblets to water and salt, simmer 15 minutes, remove, and chop fine. Cook rice in broth until tender and drain. Sauté onion and pepper in butter and add to rice with giblets. *Makes 2 or 3 cups.*

## SAUSAGE STUFFING

- |                            |                              |
|----------------------------|------------------------------|
| 1 pound pork sausage links | Salt to taste                |
| 12 cups bread cubes        | 1 teaspoon pepper            |
| 2 tablespoons minced onion | 2 tablespoons minced parsley |

Cut sausage in thin slices. Sauté and add other ingredients. *Makes 12 cups. For 10- to 12-pound turkey.*

## SAUSAGE AND CHESTNUT STUFFING

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 small onion, finely chopped | ¼ teaspoon pepper           |
| 2 tablespoons butter          | ½ teaspoon powdered thyme   |
| ½ pound sausage meat          | 2 teaspoons parsley, finely |
| 4 dozen French chestnuts      | chopped                     |
| 2 teaspoons salt              | 1 cup fresh bread crumbs    |

Cook onion in butter 3 minutes. Add sausage meat. Cook 5 minutes. Boil chestnuts (p. 437) and mash half of them. Add to first mixture with remaining ingredients. When thoroughly blended, add whole chestnuts. *Makes 4 cups.*

## GARNISHES

**Parsley, watercress, celery tops, fresh mint leaves.**

**Almonds, arranged like the petals of a flower or chopped (for fish).**



*Garnish Fish with Lemon Cut in Any of These Ways*

**Hard-cooked eggs**, in strips, chopped or cut like a flower (also good for vegetables, such as spinach).

**Lemons**, especially for fish. Wash, wipe, and cut in crosswise slices, lengthwise sections, fan-shaped pieces, cups, or baskets. Decorate with sprigs of parsley, finely chopped parsley, paprika, canned pimienta (cut in strips or fancy shapes), sliced radishes, or red portion of radishes, chopped or cut in fancy shapes. Fill baskets with Tartare (p. 239) or other sauce or with jelly.

**Truffles**, cut in fancy shapes, especially to decorate a cold entrée, such as Chaudfroid of Chicken.

**Vegetables**, cooked and cut in fancy shapes with French vegetable cutters. Raw vegetables may be cut in the same way, to be cooked in soup. Cooked beets may be chilled, hollowed out to make cups, then filled with sauce such as Tartare (p. 239) or Horse-radish Sauce (p. 237).

**Fruits**. Slice oranges and decorate with bit of mint or currant jelly. Fill orange halves with Cranberry Jelly (p. 218).

## RELISHES

**Radishes** (p. 476). **Celery** (p. 475). **Stuffed Celery** (p. 145). **Pickles and Relishes** (p. 738).

## CARROT SLICES OR STRIPS

Cut raw carrot in thin slices, lengthwise, or in matchlike pieces. Crisp in salted ice water. Drain thoroughly.

**Cucumber Sticks.** Cut cucumber in pieces about thickness of a pencil and 4 inches long. Crisp as above.

## RELISH BOWL

Fill shallow bowl with crushed ice. Stick in, upright, celery stalks, carrot slices, and cucumber sticks.

## PHILADELPHIA RELISH

|                                 |                                     |
|---------------------------------|-------------------------------------|
| 2 cups cabbage, finely shredded | $\frac{1}{4}$ teaspoon mustard seed |
| 2 green peppers, finely chopped | $\frac{1}{2}$ teaspoon salt         |
| 1 teaspoon celery seed          | 2 tablespoons brown sugar           |
| $\frac{1}{4}$ cup vinegar       |                                     |

Mix ingredients in order given. *Serves 6 or more.*

SPICED APRICOTS, CRAB APPLES, *Etc.*

|                      |                                     |
|----------------------|-------------------------------------|
| 2 cups boiling water | 2-inch stick cinnamon               |
| 1 cup sugar          | Few grains salt                     |
| 24 whole cloves      | Apricots, crab apples, cranberries, |
| 6 allspice berries   | or tiny new carrots, etc.           |

Combine sugar, water, and seasonings. Cook 10 minutes. Add fruit, simmer gently until tender, skim out carefully, and pour over a little of juice. If to be stored overnight, cover with juice.

## FRIED APPLE RINGS

Core tart apples. Pare or not, as desired. Cut in  $\frac{1}{2}$ -inch slices. Sauté in butter, bacon, or sausage fat until tender but not broken, turning once.

## CINNAMON APPLES (p. 52)

## BOILED CIDER APPLESAUCE

Pare, quarter, and core apples, put in bean pot or casserole, and sprinkle each layer with raisins. Add boiled cider to cover apples,



put on cover, and bake 3 or 4 hours in very slow oven (250° F.) or until very tender and very dark in color. Or cook slowly on top of the stove. Omit raisins if preferred.

### STUFFED APPLES

Core, stuff with sausage meat mixed with half the quantity of bread crumbs. Bake. Serve with roast duck or goose.

### BET BEET RELISH

|                                        |                            |
|----------------------------------------|----------------------------|
| 1 cup chopped, cold, cooked beets      | 2 tablespoons lemon juice  |
| 3 tablespoons grated horse-radish root | 2 teaspoons powdered sugar |
|                                        | 1 teaspoon salt            |

Mix ingredients in order given. Canned beets may be used in place of fresh ones, and bottled horse-radish, if of strong flavor and well drained. *Serves 6.*

### CELERY RELISH

|                            |                    |
|----------------------------|--------------------|
| 1½ cups chopped celery     | 1 teaspoon salt    |
| 4 teaspoons powdered sugar | ½ teaspoon mustard |
| ¼ cup vinegar              |                    |

Mix ingredients in order given. Cover and let stand in a cold place 1½ hours. Drain off the liquid before serving. When preparing celery, include some of the small, tender leaves. *Serves 6.*

### CRANBERRY SAUCE

|                    |               |                     |
|--------------------|---------------|---------------------|
| 3 cups cranberries | 1¼ cups sugar | 1 cup boiling water |
|--------------------|---------------|---------------------|

Pick over and wash cranberries. Cook with sugar and water 10 minutes. Watch to prevent boiling over. Skim and cool. *Serves 6.*

### BAKED CRANBERRIES

|                    |               |
|--------------------|---------------|
| 2 cups cranberries | 1½ cups sugar |
|--------------------|---------------|

Pick over and wash cranberries. Arrange in baking dish. Sprinkle with sugar. Cover closely. Bake in moderate oven (350° F.) about 1 hour. When cool, they look liked candied cherries.

**CRANBERRY JELLY**

|                      |                 |
|----------------------|-----------------|
| 4 cups cranberries   | 2 cups sugar    |
| 2 cups boiling water | Few grains salt |

Pick over and wash cranberries. Add water and boil 20 minutes. Rub through sieve, cook 3 minutes, add sugar, and cook 2 minutes. Mold and chill. *Serves 8.*

**Spiced.** Cook with 2-inch piece of stick cinnamon 24 whole cloves and 6 allspice berries.

**With Celery.** When jelly begins to thicken, fold in  $1\frac{1}{2}$  cups celery, cut crosswise of stalks in  $\frac{1}{8}$ -inch slices.

**UNCOOKED CRANBERRY RELISH**

|                    |                         |
|--------------------|-------------------------|
| 2 cups cranberries | $\frac{3}{4}$ cup sugar |
| 1 whole orange     |                         |

Pick over and wash cranberries. Cut orange, remove seeds. Put cranberries and orange through food chopper. Add sugar. Mix thoroughly. Let stand 30 minutes or more.

**STUFFED PRESERVED ORANGES**

|         |                   |
|---------|-------------------|
| Oranges | Candied cherries  |
| Raisins | Candied pineapple |

Wipe oranges, make 3 holes through each orange at right angles to one another, using a pencil-shaped vegetable cutter. Stuff with fruit, filling center first. Cover with boiling water and boil 20 minutes. Drain, cover with water, and repeat 3 times. Strain, cover with a sirup made of 2 parts sugar to 1 part water, and cook to 220° F. Let stand until cold. Again bring to boiling point and cook to 220° F. Cool and repeat until skin is tender enough to pierce with toothpick. Bring to boiling point. These oranges may be put into sterilized jars and sealed.

**Kumquats.** Make only 1 hole and proceed as above. Use as salad ingredient or garnish.

**BAKED ORANGES**

Cover with cold water, bring to boiling point, simmer  $\frac{1}{2}$  hour. Cut slice off top, put 1 teaspoon sugar in each, and bake in pan with turkey. *See also p. 60.*

**BROILED PEACHES**

Arrange fresh or canned peach halves, cut side up, in shallow pan. Dot with butter and sprinkle with brown sugar. Broil until sugar melts. If desired, fill cavities with blueberries.

**With Brandy.** Put  $\frac{1}{2}$  teaspoon brandy in each peach.

**PEARS, PEACHES, or APRICOTS, PIQUANT**

Arrange canned fruit halves on broiler or shallow baking pan, cut side up. Drain crushed pineapple and put 1 teaspoonful in each half. Sprinkle with French Dressing and broil until thoroughly heated.

**SAUTÉED PINEAPPLE**

Drain canned, sliced pineapple from sirup and dry on a towel. Sauté in butter until delicately browned.

**GLAZED PINEAPPLE**

Empty a can of sliced pineapple into a shallow graniteware baking pan, not allowing slices to overlap one another. Place over very slow heat and simmer 2 or 3 hours, or until pineapple is almost transparent. Garnish center of each with a glacéed cherry.

**PRUNES IN BACON**

Steam prunes until tender but not soft. Remove pits. Wrap in half slice of bacon. Arrange on skewer and bake in hot oven until bacon is crisp. Remove from skewer and serve on platter around meat.

**Chutney Prunes.** Stuff with chutney before wrapping in bacon.

**DEVEILED ALMONDS**

|                                                 |                                   |
|-------------------------------------------------|-----------------------------------|
| $\frac{3}{4}$ cup blanched and shredded almonds | 2 tablespoons chopped pickles     |
| Butter                                          | 1 tablespoon Worcestershire sauce |
| 1 tablespoon chutney                            | $\frac{1}{4}$ teaspoon salt       |
| Few grains cayenne                              |                                   |

Fry almonds until well browned, using enough butter to prevent almonds from burning. Mix remaining ingredients, pour over nuts, and serve as soon as thoroughly heated.

**DEVEILED RAISINS**

Remove stems from large selected raisins and cook in hot salad oil until plump. Drain on brown paper and sprinkle with salt and paprika or with few drops of rum.

**FRAPPÉS****CLAM FRAPPÉ**

20 clams       $\frac{1}{2}$  cup cold water

Wash clams thoroughly, changing water several times; put in stewpan with cold water, cover closely, and steam until shells open. Strain liquor, cool, and freeze (p. 557).

**CRANBERRY FRAPPÉ**

1 quart cranberries      2 cups sugar  
2 cups water      Juice 2 lemons

Cook cranberries and water 8 minutes; then force through a sieve. Add sugar and lemon juice, cool, and freeze (p. 557).

**CRÈME DE MENTHE ICE**

To Lemon Ice (p. 559) add 2 tablespoons Crème de Menthe and freeze (p. 557).

**CURRENT ICE**

2 cups water       $\frac{3}{4}$  cup sugar      1 cup currant juice

Boil sugar and water 5 minutes. Add juice, cool, and freeze (p. 557). *Makes 1 quart.*

**GERMAN PUNCH**

2 cups water      1 cup sugar  
 $1\frac{3}{4}$  cups tomatoes      3 tablespoons lemon juice  
3 apples, cored, pared, and      Piece ginger root  
chopped      3 tablespoons maraschino sirup

Mix ingredients, except sirup, and cook 35 minutes. Rub through a sieve, add maraschino, and freeze to a mush (p. 557). *Makes 1 quart.*

**POMONA FRAPPÉ**

|                               |                    |
|-------------------------------|--------------------|
| $\frac{7}{8}$ cup sugar       | 1 pint sweet cider |
| 2 cups water                  | 1 cup orange juice |
| $\frac{1}{4}$ cup lemon juice |                    |

Boil sugar and water 5 minutes. Add cider, orange juice, and lemon juice. Cool, and strain, freeze (p. 557). *Makes 3 pints.*

**OTHER ACCOMPANIMENTS FOR FISH  
AND MEAT**

|                         |                               |
|-------------------------|-------------------------------|
| Applesauce (p. 52)      | Fruit Sherbets (p. 559 ff.)   |
| Baked Apples (p. 51)    | Pickles and Relishes (p. 738) |
| Baked Peaches (p. 61)   | Sautéed Bananas (p. 54)       |
| Baked Pears (p. 62)     | Sautéed Chestnuts (p. 437)    |
| Cinnamon Apples (p. 52) | Tart Jellies (p. 718)         |
| Conserves (p. 733)      | Yorkshire Pudding (p. 309)    |



## CHAPTER 16

# *Sauces for Fish, Meat, and Vegetables*

**Roux.** A mixture of flour and fat used to thicken a sauce.

*White roux.* Fat and flour are not browned.

*Brown roux.* Fat and flour are browned.

**Pimiento Purée.** Drain canned pimientos. Force through purée strainer.

**Tomato Purée.** Use canned tomato soup, Italian tomato paste, or drain canned tomatoes. Stew, strain, and cook until thick.

### WHITE SAUCE

|                      |                             |
|----------------------|-----------------------------|
| 2 tablespoons butter | 1 cup milk                  |
| 2 tablespoons flour  | $\frac{1}{4}$ teaspoon salt |
| Few grains pepper    |                             |

Melt butter in small flat-bottomed saucepan or double-boiler top, preferably with rounded edges, add flour mixed with seasonings, and stir until well blended. If wire whisk is used, it will be easy to keep sauce smooth and free of lumps. Pour on milk gradually, while stirring constantly. If a wire whisk is not used, heat milk before adding in order to keep sauce smooth. Bring to boiling point. Boil 2 minutes. Cook 15 minutes in double boiler. Stir well.

**Thin White Sauce.** Use 1 tablespoon butter and 1 tablespoon flour.

**Thick White Sauce** (to thicken canapé and croquette mixtures). Use 4 tablespoons butter and 4 tablespoons flour.

**Cream Sauce.** Use cream instead of milk. If thick, thin sauce with cream or milk to proper consistency. Season to taste.

**Savory Cream Sauce.** Add  $\frac{1}{4}$  teaspoon paprika, few drops onion juice, and  $\frac{1}{4}$  teaspoon dry mustard with flour or add prepared mustard to taste.

**White Sauce with Egg.** Just before serving, stir in 1 slightly beaten egg yolk.

**Brown Almond Sauce.** Blanch and chop  $\frac{1}{4}$  pound almonds. Melt butter, add nuts, and cook and stir until delicately brown. Add flour, seasonings, and cream. Thin with more cream or milk to desired consistency.

**Celery Sauce.** Cook  $1\frac{1}{2}$  cups celery, cut in thin slices, until soft. Rub through sieve and add to sauce. Use all milk or half chicken stock or celery water in making sauce. Season to taste.



*Aids to Sauce Making — a Round-Bottomed Double Boiler,  
a Wire Whisk and Accurate Measuring Tools*

**Cheese Sauce.** Add  $\frac{3}{4}$  cup mild cheese, grated or cut in small cubes. Reheat in double boiler until cheese melts.

**Curry Sauce.** Mix 1 teaspoon curry powder and  $\frac{1}{4}$  teaspoon grated ginger root with flour. Season highly to taste with onion juice and paprika.

(*White Sauce Variations, continued*)

**Lobster Sauce.** Add 1 teaspoon meat extract,  $\frac{1}{2}$  cup lobster diced, and the coral from one lobster to sauce made with cream. (For other lobster sauces, see pp. 226, 233.)

**Mock Hollandaise.** Just before serving, stir in 2 egg yolks, 6 tablespoons butter, 1 tablespoon at a time, and 1 tablespoon lemon juice.

**Onion Sauce.** Cook 2 slices onion or 1 Bermuda onion, finely chopped, with the butter for 3 minutes. Strain before serving. If desired, stir in 1 slightly beaten egg yolk just before serving.

**Oyster Crab Sauce.** Make Cream Sauce, scalding  $\frac{1}{4}$  cup oyster crabs with cream. Remove crabs, make sauce. Stir in 1 egg beaten with  $\frac{1}{4}$  cup cream. Stir well. Add crabs. Season with sherry, if desired.

**Parsley Cream Sauce.** Add 1 to 4 tablespoons finely cut parsley.

**Pimiento Sauce.** Use  $\frac{2}{3}$  cup of milk and  $\frac{1}{3}$  cup canned pimientos forced through purée strainer.

**Truffle Sauce.** Use  $\frac{2}{3}$  cup milk and  $\frac{1}{3}$  cup cream. Add 1 tablespoon chopped truffle and 1 tablespoon Madeira.

### HOT TARTARE SAUCE

|                                                  |                                          |
|--------------------------------------------------|------------------------------------------|
| $\frac{1}{2}$ cup White Sauce                    | $\frac{1}{2}$ teaspoon vinegar <i>or</i> |
| $\frac{1}{3}$ cup Mayonnaise (p. 468)            | tarragon vinegar                         |
| $\frac{1}{2}$ shallot, finely chopped, <i>or</i> | Pickles } $\frac{1}{2}$ tablespoon each, |
| $\frac{1}{4}$ tablespoon finely chopped          | Olives } finely chopped                  |
| onion                                            | Parsley }                                |
|                                                  | 1 tablespoon capers                      |

To White Sauce add other ingredients. Stir constantly until thoroughly heated, but do not bring to boiling point.

### NEWBURG SAUCE

|                     |                                |
|---------------------|--------------------------------|
| 1 tablespoon butter | 2 egg yolks                    |
| 1 teaspoon flour    | 2 tablespoons sherry <i>or</i> |
| 1 cup cream         | 1 tablespoon brandy and        |
| Salt and pepper     | 1 tablespoon sherry            |

Melt butter, add flour and cream. Cook and stir until thickened. Just before serving, add egg yolks and sherry. Season and heat but do not bring to boiling point after adding egg yolks. If shrimp, lobster, etc., are to be heated in sauce, add before adding egg yolks.

**RICE SAUCE**

|                    |                      |
|--------------------|----------------------|
| 3 tablespoons rice | 3 cloves             |
| 2 cups milk        | 2 tablespoons butter |
| ½ onion            | Salt and pepper      |

Wash rice, add to milk, and cook in double boiler until soft. Rub through fine strainer, return to double boiler, add onion stuck with cloves, and cook 15 minutes. Remove onion, add butter, salt, and pepper.

**BREAD SAUCE**

|                                |                                  |
|--------------------------------|----------------------------------|
| 2 cups milk                    | ½ tablespoon salt                |
| ⅓ cup fine, stale bread crumbs | Few grains cayenne               |
| 1 onion, <i>stuck with</i>     | 3 tablespoons butter             |
| 6 cloves                       | ½ cup coarse, stale bread crumbs |

Scald milk in double boiler 30 minutes with fine crumbs and onion. Remove onion, add salt, cayenne, and 2 tablespoons butter. Sprinkle with coarse crumbs browned in remaining butter.

**BÉCHAMEL SAUCE**

|                                |                    |
|--------------------------------|--------------------|
| 1½ cups Veal <i>or</i> Chicken | 6 peppercorns      |
| Stock (p. 180, 184)            | ¼ cup butter       |
| 1 slice onion                  | ¼ cup flour        |
| 1 slice carrot                 | 1 cup scalded milk |
| Bit of bay leaf                | ½ teaspoon salt    |
| Sprig of parsley               | ⅛ teaspoon pepper  |

Cook stock 20 minutes with onion, carrot, bay leaf, parsley, and peppercorns, then strain; there should be 1 cupful. Melt butter, add flour, and gradually hot stock and milk. Season with salt and pepper. Equal parts of stock and milk may be used.

**Yellow Béchamel Sauce.** Add 1 slightly beaten egg yolk diluted with small quantity of hot sauce.

**BERCY SAUCE**

|                             |                                                   |
|-----------------------------|---------------------------------------------------|
| 3 tablespoons butter        | 1 cup Veal <i>or</i> Chicken Stock (pp. 180,      |
| 1 tablespoon finely chopped | 184) <i>or</i> Fish Stock (p. 175) <i>or</i> half |
| shallot                     | each                                              |
| 2 tablespoons flour         |                                                   |

Cook shallot in 1 tablespoon butter 5 minutes. Add flour, stir until well blended, and pour on stock gradually. Add remaining butter and season to taste.



## DRAWN BUTTER SAUCE

|                                                             |                               |
|-------------------------------------------------------------|-------------------------------|
| $\frac{1}{3}$ cup butter                                    | $\frac{1}{2}$ teaspoon salt   |
| 3 tablespoons flour                                         | $\frac{1}{8}$ teaspoon pepper |
| $1\frac{1}{2}$ cups hot water <i>or</i> Fish Stock (p. 175) | 1 teaspoon lemon juice        |

Melt half the butter, add flour with seasonings. Pour on water or stock gradually. Boil 5 minutes. Add lemon juice and remaining butter in small bits.

**Anchovy Drawn Butter.** Season with anchovy essence or paste.

**Caper Sauce.** Add  $\frac{1}{2}$  cup capers drained from their liquor.

**Egg Sauce I.** Add 2 hard-cooked eggs cut in  $\frac{1}{4}$ -inch slices.

**Egg Sauce II.** Add 2 slightly beaten yolks and 1 teaspoon lemon juice just before serving.

**Shrimp Sauce.** Add 1 egg yolk and  $\frac{1}{2}$  cup canned or fresh cooked shrimps cleaned and cut in pieces.

## VELOUTÉ SAUCE

|                                                            |                             |
|------------------------------------------------------------|-----------------------------|
| 2 tablespoons butter                                       | $\frac{1}{4}$ teaspoon salt |
| 3 tablespoons flour                                        | $\frac{1}{3}$ cup cream     |
| 1 cup (heated) Veal <i>or</i> Chicken Stock (pp. 180, 184) | Few grains pepper           |

Melt butter, add flour and seasonings, stir until well blended. Add stock slowly, stirring constantly. Bring to boiling point. Boil 2 minutes. Add cream. For a simpler sauce, use 2 tablespoons flour and omit cream.

**Suprême or Poulette Sauce.** Just before serving, stir in 1 egg yolk. Season to taste with few grains nutmeg and  $\frac{3}{4}$  teaspoon lemon juice. If desired, add 6 mushroom caps, sliced and sautéed in butter.

**Allemande Sauce.** Add 3 tablespoons grated Parmesan cheese to Suprême Sauce.

**Mousseline Sauce.** Add 2 egg yolks and 1 tablespoon lemon juice.

**Lobster Velouté.** Use lobster stock made from body bones and claws. Season with salt, paprika, and lemon juice. Just before serving, add  $\frac{1}{2}$  cup diced lobster. Add 2 egg yolks, slightly beaten, if desired.

**Olive and Almond Sauce.** Just before serving, add  $\frac{1}{4}$  cup shredded toasted almonds, 1 teaspoon beef extract, 8 olives, stoned and quartered, and  $\frac{1}{2}$  tablespoon lemon juice.



**Russian Sauce.** Before adding cream, add  $\frac{1}{2}$  teaspoon finely chopped chives,  $\frac{1}{2}$  teaspoon prepared mustard, and 1 teaspoon grated horse-radish. Cook 2 minutes. Strain, add cream and 1 teaspoon lemon juice. Reheat.

**Soubise Sauce.** Cook 2 cups sliced onions 5 minutes in boiling water to cover, drain, again cover with boiling water, and cook until soft. Drain, rub through sieve, and add to sauce. Season. Reheat.

**Mushroom Sauce.** Add 5 mushroom caps, sliced. Cook 5 minutes. Season. Add chopped truffle, if desired.

**Peanut Butter Sauce.** Brown butter, add 2 tablespoons peanut butter. Mix well, add flour, and continue browning. Omit cream and increase stock to  $1\frac{1}{3}$  cups. If desired, sprinkle with 1 tablespoon finely chopped roasted peanuts (skinned).

### NORMANDY SAUCE

|                           |                          |
|---------------------------|--------------------------|
| 2 tablespoons butter      | 2 egg yolks              |
| 2 tablespoons flour       | 1 tablespoon lemon juice |
| 1 cup Fish Stock (p. 175) | Salt, pepper, cayenne    |

Melt butter, add flour and seasonings, stir until well blended. Stir in stock slowly. Bring to boiling point. Pour over egg yolks and season. *For fish.*

**Sauce Verte.** Color green with vegetable coloring. If desired, add 2 tablespoons sauterne.

**Martin Sauce.** Omit lemon juice. Season to taste with grated cheese and Madeira.

### ROBERTS SAUCE

|                                   |                                         |
|-----------------------------------|-----------------------------------------|
| $\frac{3}{4}$ tablespoon butter   | 2 chopped pickles                       |
| 3 shallots, finely chopped        | $\frac{1}{2}$ tablespoon chopped capers |
| $\frac{1}{2}$ tablespoon flour    | 1 teaspoon olives, chopped              |
| 1 tablespoon vinegar              | $\frac{1}{2}$ teaspoon prepared mustard |
| $\frac{1}{2}$ cup Veal or Chicken | $\frac{1}{4}$ teaspoon salt             |
| Stock (pp. 180, 184)              | Few grains cayenne                      |

Melt butter, add shallots and flour, and cook 5 minutes. Add other ingredients and cook 10 minutes, stirring constantly.

**BROWN SAUCE or BROWN GRAVY**

|                                             |                                               |
|---------------------------------------------|-----------------------------------------------|
| 2 tablespoons butter <i>or</i><br>bacon fat | 1 cup Brown Stock (p. 178)<br><i>or</i> water |
| $\frac{1}{2}$ slice onion, if desired       | $\frac{1}{4}$ teaspoon salt                   |
| 3 tablespoons flour                         | $\frac{1}{8}$ teaspoon pepper                 |

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour together. Add stock gradually, bring to boiling point, and boil 2 minutes. Cook 15 minutes in double boiler, if convenient. If liked thinner, add boiling water or stock and stir thoroughly. If a stronger onion flavor is liked, mince onion and leave in gravy or add a few drops of onion juice.

**Anchovy Sauce.** Season with anchovy essence or paste.

**Brown Mushroom Sauce I.** Add 1 cup mushrooms, sliced and cooked in butter. If canned mushrooms are used, add some of the liquor.

**Chestnut Sauce.** Add  $\frac{1}{2}$  cup boiled French chestnuts, chopped or broken in pieces.

**Currant Jelly Sauce I.** Omit onion. Melt  $\frac{1}{4}$  glass currant jelly in sauce. Season with 2 tablespoons sherry or port.

**Estragon Sauce.** Season with tarragon vinegar.

**Olive Sauce.** Cook 5 stuffed olives 5 minutes in boiling water. Drain, slice, and add to sauce. Ripe olives, cut small, may be used.

**Sauce Piquante.** Add 1 tablespoon vinegar,  $\frac{1}{2}$  small shallot, finely chopped, 1 tablespoon capers, 1 tablespoon chopped pickle, and a few grains cayenne.

**CREOLE SAUCE**

|                                               |                                                        |
|-----------------------------------------------|--------------------------------------------------------|
| 2 tablespoons chopped onion                   | 2 tomatoes <i>or</i> $\frac{1}{2}$ cup canned tomatoes |
| 4 tablespoons green pepper,<br>finely chopped | $\frac{1}{4}$ cup sliced mushrooms                     |
| 2 tablespoons butter                          | $1\frac{1}{3}$ cups Brown Sauce <i>or</i> gravy        |
| 6 olives, stoned                              | Salt and pepper                                        |
|                                               | Sherry                                                 |

Cook onion and pepper with butter 5 minutes; add tomatoes, mushrooms, and olives, and cook 2 minutes; then add Brown Sauce. Bring to boiling point. Add sherry to taste.

**BORDELAISE SAUCE**

|                            |                 |
|----------------------------|-----------------|
| 2 tablespoons butter       | Parsley         |
| 1 shallot, finely chopped  | Bit of bay leaf |
| 1 slice onion              | 8 peppercorns   |
| 2 slices carrot            | 1 clove         |
| 1 cup Brown Stock (p. 178) |                 |

Cook vegetables and seasonings with butter until well browned. Add to stock, simmer 8 minutes, and strain.

**Espagnole Sauce.** Before adding stock, stir in 3 tablespoons flour and cook until well browned. Add stock. Bring to boiling point, strain, and season to taste with salt and pepper.

**ORANGE SAUCE**

|                                             |                                                 |
|---------------------------------------------|-------------------------------------------------|
| $\frac{1}{4}$ cup butter                    | Few grains cayenne                              |
| $\frac{1}{4}$ cup flour                     | $\frac{2}{3}$ cup orange juice                  |
| $1\frac{1}{3}$ cups Brown Stock<br>(p. 178) | 2 tablespoons sherry                            |
| $\frac{1}{2}$ teaspoon salt                 | Rind 1 orange, grated or cut<br>in fancy shapes |

Brown butter, add flour, salt, and cayenne, and stir until well browned. Add stock gradually and, just before serving, orange juice, sherry, and rind.

**RÉFORMÉ SAUCE**

|                                        |                                                |
|----------------------------------------|------------------------------------------------|
| $\frac{3}{4}$ cup Brown Stock (p. 178) | 6 mushroom caps, sliced                        |
| 2 gherkins, cut in thin slices         | White 1 hard-cooked egg, cut<br>in thin strips |
| 1 small truffle, cut in thin slices    |                                                |
| Salt                                   |                                                |

Combine ingredients, bring to boiling point, and simmer 5 minutes.

**SPANISH SAUCE**

|                                                         |                                                              |
|---------------------------------------------------------|--------------------------------------------------------------|
| 2 tablespoons finely chopped,<br>lean, raw ham or bacon | 4 tablespoons butter, or 2 table-<br>spoons if bacon is used |
| 2 tablespoons chopped celery                            | 4 tablespoons flour                                          |
| 2 tablespoons chopped carrot                            | $1\frac{1}{3}$ cups Brown Stock (p. 178)                     |
| 1 tablespoon chopped onion                              | $\frac{2}{3}$ cup stewed tomatoes                            |

Cook ham or bacon and vegetables with butter until butter is well browned; add flour, stir. Then add stock and tomatoes; cook 5 minutes, and strain or not, as desired.

## TOMATO SAUCE

|                                           |                      |
|-------------------------------------------|----------------------|
| 1 cup tomato juice <i>or</i>              | 2 tablespoons butter |
| 1½ cups tomatoes, cooked <i>or</i> canned | 2 tablespoons flour  |
| 1 slice onion                             | Salt, pepper         |

Cook onion and tomatoes 15 minutes, and strain. Add water or stock to make 1 cup. Brown butter, add flour, and, when well blended, tomato. Bring to boiling point.

**Emergency Tomato Sauce.** Heat 1 can concentrated tomato soup with bit of bay leaf, sprig of parsley, and 4 cloves. Strain.

**Savory Tomato Sauce.** Add 1 slice carrot, bit of bay leaf, sprig of parsley, and 4 cloves. Cook 10 minutes. Strain.

**Tomato and Mushroom Sauce I.** Add ½ cup sliced mushrooms, sautéed.

## ITALIAN TOMATO SAUCE I

|                                       |                                      |
|---------------------------------------|--------------------------------------|
| 4 tablespoons Italian<br>tomato paste | 1¼ cups water<br>2 tablespoons flour |
|---------------------------------------|--------------------------------------|

Add 1 cup water to paste. Mix flour with ¼ cup cold water. Stir until smooth. Add to tomato mixture. Cook 2 minutes, stirring constantly.

## ITALIAN TOMATO SAUCE II

|                                        |                                  |
|----------------------------------------|----------------------------------|
| ⅓ cup butter                           | Few grains pepper                |
| 1 onion, finely chopped                | 1 small can Italian tomato paste |
| ¾ teaspoon salt                        | 2 cups water                     |
| ⅔ pound lean beef, cut in small pieces |                                  |

Cook butter, onion, salt, and pepper 8 minutes. Add tomato paste, water, and beef. Cook very slowly 1½ hours. Remove meat before serving.

## MEXICAN TOMATO SAUCE

|                         |                                         |
|-------------------------|-----------------------------------------|
| 1 onion, finely chopped | 2 tomatoes, peeled and cut in<br>pieces |
| 2 tablespoons butter    | 1 teaspoon Worcestershire sauce         |
| 1 red pepper            | ¼ teaspoon celery salt                  |
| 1 green pepper          | Salt                                    |
| 1 clove garlic          |                                         |

Cook onion in butter 5 minutes. Add other ingredients, except seasonings, and cook 15 minutes. Season.

## SAUCE FINISTE

|                                |                                                |
|--------------------------------|------------------------------------------------|
| 3 tablespoons butter           | 1 teaspoon lemon juice                         |
| $\frac{1}{2}$ teaspoon mustard | $1\frac{1}{2}$ teaspoons Worcestershire sauce  |
| Few grains cayenne             | $\frac{3}{4}$ cup stewed and strained tomatoes |

Cook butter until well browned and add remaining ingredients.

## TOMATO CREAM SAUCE

|                 |                             |
|-----------------|-----------------------------|
| 2 cups tomatoes | 1 cup Thick White Sauce     |
| Sprig of thyme  | (p. 222)                    |
| 1 stalk celery  | $\frac{1}{2}$ teaspoon salt |
| 1 slice onion   | Few grains cayenne          |
| Bit of bay leaf | $\frac{1}{4}$ teaspoon soda |

Cook tomatoes 20 minutes with seasonings. Rub through strainer, add soda and White Sauce.

## TOMATO AND MUSHROOM SAUCE II

|                                                   |                                          |
|---------------------------------------------------|------------------------------------------|
| 2 tablespoons chopped bacon<br>or uncooked ham    | 2 cloves                                 |
| 1 slice onion                                     | $\frac{1}{2}$ teaspoon peppercorns       |
| 6 slices carrot                                   | Few gratings nutmeg                      |
| Bit of bay leaf                                   | 3 tablespoons flour                      |
| 2 sprigs thyme                                    | 2 cups tomatoes                          |
| Sprig of parsley                                  | $1\frac{1}{2}$ cups Brown Stock (p. 178) |
| 1 cup mushrooms, fresh or canned, cut in quarters | Salt and pepper                          |

Cook bacon, onion, and carrot 5 minutes; add bay leaf, thyme, parsley, cloves, peppercorns, nutmeg, and tomatoes, and cook 5 minutes. Add flour diluted with enough cold water to pour. As sauce thickens, dilute with stock. Cover and cook in oven 1 hour. Strain, add salt and pepper to taste, and mushrooms. Cook 5 minutes.

## MUSHROOM PURÉE

|                               |                              |
|-------------------------------|------------------------------|
| $\frac{1}{4}$ pound mushrooms | 1 cup Chicken Stock (p. 184) |
| 2 tablespoons butter          | 1 tablespoon flour           |
|                               | Salt and pepper              |

Clean mushrooms, break in pieces, and cook 5 minutes in 1 tablespoon butter. Add stock, simmer 5 minutes. Rub through sieve and add to remaining butter and flour cooked together. Season with salt and pepper.



**BROWN MUSHROOM SAUCE II**

|                       |                                       |
|-----------------------|---------------------------------------|
| 3 tablespoons butter  | 1 cup cream                           |
| Few drops onion juice | $\frac{1}{2}$ pound mushrooms, sliced |
| 3 tablespoons flour   | 1 teaspoon beef extract               |
| Salt and paprika      |                                       |

Brown butter slightly, add onion juice and flour. Brown. Pour on cream gradually, while stirring constantly. Add mushrooms, cooked in butter. Season with beef extract, salt, and paprika.

**OYSTER SAUCE**

|                      |                                |
|----------------------|--------------------------------|
| 1 pint oysters       | Milk, water, <i>or</i> Chicken |
| 4 tablespoons butter | Stock (p. 184)                 |
| 4 tablespoons flour  | Salt and pepper                |

Cook oysters in their own liquor until plump. Remove oysters, measure liquor, and add milk, water, or stock to make  $1\frac{3}{4}$  cups. Melt butter, add flour, stir until well blended. Add oyster liquor gradually, stirring constantly. Boil 2 minutes. Add oysters and season. *For fish.*

**RUSSIAN OYSTER SAUCE**

|                                  |                                      |
|----------------------------------|--------------------------------------|
| 3 tablespoons butter             | 2 egg yolks                          |
| $4\frac{1}{2}$ tablespoons flour | $\frac{1}{2}$ tablespoon vinegar     |
| 1 cup oysters                    | $\frac{3}{4}$ tablespoon lemon juice |
| Chicken Stock (p. 184)           | 2 tablespoons capers                 |
| $\frac{1}{2}$ cup cream          | 1 tablespoon grated horse-radish     |
| Salt and pepper                  |                                      |

Chop oysters. Cook 5 minutes. Strain. Measure liquor. Add stock to make 1 cup. Melt butter, add flour. When well blended pour on oyster liquor, and cream. Bring to boiling point, add other ingredients. *For fish.*

**HOLLANDAISE**

|                          |                             |
|--------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ teaspoon salt |
| 2 egg yolks              | Few grains cayenne          |
| 1 tablespoon lemon juice |                             |

**Method I.** Wash butter (p. 8) or not, as preferred. Divide in three pieces. Put 1 piece in heavy bowl with egg yolks and lemon juice. Cook over hot water, stirring constantly with wire whisk until butter melts. Add second piece of butter, and, as mixture

thickens, third piece. Remove from fire. Season. If mixture curdles, add 2 tablespoons heavy cream or boiling water, drop by drop.

**Method II.** Beat butter until creamy. Beat in egg yolks one at a time, and lemon juice. Season. Set bowl over hot water and stir mixture until slightly thickened. Set aside until ready to serve. Add boiling water, a teaspoon at a time, until of desired consistency.

### HOLLANDAISE VARIATIONS

**With Sherry.** Add 2 tablespoons sherry just before removing from fire (*Sauce Trianon*).

**With Cream.** Add slowly  $\frac{1}{3}$  cup heavy cream.

**Lobster Hollandaise.** Add  $\frac{1}{3}$  cup diced lobster.

**Horse-radish Hollandaise.** Add 4 tablespoons grated horse-radish and 2 tablespoons heavy cream, beaten until stiff.

**Anchovy Hollandaise.** Season with anchovy paste or essence.

**Henriette Sauce.** Season with 1 or 2 tablespoons Tomato Purée (p. 222) and  $\frac{1}{2}$  tablespoon finely chopped parsley. If desired, add 1 tablespoon Worcestershire sauce (*Sauce Figaro*).

**Béarnaise Sauce I.** Add 1 teaspoon, each, finely chopped parsley and fresh tarragon, or  $\frac{1}{2}$  tablespoon tarragon vinegar.

### BÉARNAISE SAUCE II

|                               |                                |
|-------------------------------|--------------------------------|
| 3 tablespoons water           | 4 egg yolks, slightly          |
| 3 tablespoons tarragon        | beaten                         |
| vinegar                       | $\frac{1}{2}$ teaspoon salt    |
| $\frac{1}{2}$ onion           | $\frac{1}{8}$ teaspoon paprika |
| 4 tablespoons butter, creamed |                                |

Put water, vinegar, and onion in small saucepan. Heat to boiling point. Remove onion. Pour gradually on egg yolks. Add seasonings. Strain. Cook over hot water until beginning to thicken. Add butter, 1 tablespoon at a time, stirring constantly.

### HOT MAYONNAISE

|                                   |                             |
|-----------------------------------|-----------------------------|
| 2 egg yolks                       | $\frac{1}{4}$ cup hot water |
| 2 tablespoons olive oil           | Salt                        |
| 1 tablespoon vinegar              | Few grains cayenne          |
| 1 teaspoon finely chopped parsley |                             |

Add oil slowly to egg yolks. Pour on gradually vinegar and water. Stir and cook over hot water until thickened. Season. Add parsley.

**VICTOR HUGO SAUCE**

|                                               |                         |
|-----------------------------------------------|-------------------------|
| $\frac{1}{2}$ teaspoon finely chopped shallot | 2 egg yolks             |
| 1 tablespoon tarragon vinegar                 | 1 teaspoon lemon juice  |
| $\frac{1}{3}$ cup butter                      | 1 teaspoon meat extract |
| $\frac{1}{2}$ tablespoon grated horse-radish  |                         |

Cook shallot and vinegar 5 minutes. Add  $\frac{1}{3}$  butter, egg yolks, lemon juice, and meat extract. Stir and cook over boiling water. As butter melts, add second piece, then third. When thickened, add horse-radish. *For fish.*

**CUCUMBER HOLLANDAISE**

|                                      |                                 |
|--------------------------------------|---------------------------------|
| 2 tablespoons white tarragon vinegar | $\frac{1}{3}$ cup washed butter |
| 1 red pepper (from pepper sauce)     | $\frac{1}{4}$ teaspoon salt     |
| 2 egg yolks                          | Few grains cayenne              |
|                                      | Cucumber                        |

Cook vinegar with pepper until reduced to 1 tablespoon. Strain into saucepan, add egg yolks and  $\frac{1}{3}$  of butter. Stir and cook over boiling water until butter melts. Add remaining butter in pieces, continuing the stirring. Add seasonings and cucumber, pared, chopped, drained, and squeezed in cheesecloth. *For fish.*

**LITTLETON SAUCE**

|                                 |                             |
|---------------------------------|-----------------------------|
| 1 teaspoon flour                | 3 egg yolks, well beaten    |
| 1 teaspoon mustard              | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon melted butter      | Few grains pepper           |
| 1 tablespoon vinegar            | 1 tablespoon currant jelly, |
| $\frac{1}{2}$ cup boiling water | separated in small pieces   |
| Few grains cayenne              |                             |

Mix flour and mustard. Add butter, vinegar, water, and egg yolks. Cook over boiling water, stirring constantly, until thickened. Add seasonings and, just before serving, jelly. *For fish.*

**BEURRE NOIR or BLACK BUTTER**

|                          |                        |                 |
|--------------------------|------------------------|-----------------|
| $\frac{1}{3}$ cup butter | 1 teaspoon lemon juice | Salt and pepper |
|--------------------------|------------------------|-----------------|

Use fat remaining in pan after frying fish or meat and add enough butter to make  $\frac{1}{3}$  cup. Stir until well browned. Add lemon juice and seasonings. *For fish or meat.*

**Tarter Sauce.** Add 1 tablespoon vinegar and 1 tablespoon Worcestershire sauce.

# LEMON BUTTER

$\frac{1}{4}$  cup butter      1 tablespoon lemon juice

Cream the butter and beat in lemon juice, drop by drop.

# MAÎTRE D'HÔTEL or PARSLEY BUTTER

$\frac{1}{4}$  cup butter       $\frac{1}{2}$  tablespoon finely chopped  
 $\frac{1}{2}$  teaspoon salt      parsley  
 $\frac{1}{8}$  teaspoon pepper       $\frac{3}{4}$  tablespoon lemon juice

Work butter with small wooden spoon until creamy. Add salt, pepper, and parsley, then lemon juice very slowly. If desired, add 1 tablespoon, each, red and green pepper cut in small pieces.

# LOBSTER BUTTER

$\frac{1}{2}$  cup butter      Lobster coral

Clean, wipe, and force coral through a fine sieve. Put in mortar with butter and pound until well blended. This butter is used in Lobster Soup and Sauces to give color and richness.

# SAVORY BUTTERS—ANCHOVY, SHRIMP, ETC.

$\frac{1}{4}$  cup butter      1 teaspoon anchovy paste, minced  
 Few drops onion juice      shrimp, or pimiento, etc.  
                                  Few drops lemon juice

Cream the butter and add other ingredients, varying the amount as liked. These make delicious sandwich spreads. *See also* pp. 148-149.

# CIDER SAUCE

3 tablespoons butter      2 cups ham liquor  
 4 tablespoons flour      4 tablespoons cider  
                          Salt and pepper

Melt butter, add flour. Pour on hot ham liquor gradually, while stirring constantly. Bring to boiling point, add cider. Season to taste. *For ham.*

# CURRENT JELLY SAUCE II

1 cup chili sauce      1 glass current jelly (6 ounce)  
                          4 tablespoons prepared horse-radish

Mix with fork. *For lamb or ham.*

**GRAPEJUICE or WINE SAUCE**

|                              |                             |
|------------------------------|-----------------------------|
| 1 tablespoon cornstarch      | $\frac{3}{4}$ cup hot water |
| $\frac{1}{4}$ cup cold water | 1 cup grape juice or wine   |

Juice 1 lemon

Mix cornstarch and cold water, add hot water. Cook until thickened and add fruit juices or wine. Serve hot. *For ham, tongue, etc.*

**RAISIN SAUCE I**

|                                  |                                    |
|----------------------------------|------------------------------------|
| $\frac{1}{2}$ cup brown sugar    | $\frac{1}{4}$ cup seedless raisins |
| $\frac{1}{2}$ tablespoon mustard | $\frac{1}{4}$ cup vinegar          |
| $\frac{1}{2}$ tablespoon flour   | $1\frac{3}{4}$ cups water          |

Mix dry ingredients, add raisins, vinegar, and water. Cook to a sirup. *For ham, tongue, etc.*

**RAISIN SAUCE II**

|                                   |                                         |
|-----------------------------------|-----------------------------------------|
| 1 cup sugar                       | $\frac{1}{2}$ tablespoon Worcestershire |
| $\frac{1}{2}$ cup water           | sauce                                   |
| 1 cup raisins, seedless <i>or</i> | $\frac{1}{2}$ teaspoon salt             |
| cut in pieces                     | $\frac{1}{8}$ teaspoon pepper           |
| 2 tablespoons butter              | $\frac{1}{4}$ teaspoon clove            |
| 3 tablespoons vinegar             | Few grains mace                         |
|                                   | 1 glass fruit jelly                     |

Cook sugar and water 5 minutes. Add other ingredients and cook until jelly dissolves. *For ham, tongue, etc.*

**SPICED FRUIT SAUCE**

|                           |                                 |
|---------------------------|---------------------------------|
| $\frac{3}{4}$ cup claret  | 1 orange, sliced thin           |
| 1 cup grape jelly         | Salt, pepper                    |
| 2 tablespoons orange peel | $\frac{1}{8}$ teaspoon cinnamon |
|                           | $\frac{1}{8}$ teaspoon nutmeg   |

Simmer claret 15 minutes, add jelly and seasonings. Remove white membrane from orange peel and cut in thin strips. Add with orange slices (seeds removed) and serve. *For ham, tongue, etc.*

**MUSTARD SAUCE**

|                      |                                      |
|----------------------|--------------------------------------|
| 2 tablespoons butter | 1 teaspoon Worcestershire sauce      |
| 1 teaspoon mustard   | 2 tablespoons Escoffier Sauce Diable |
|                      | 1 tablespoon heavy cream             |

Melt butter, add mustard and sauces. Stir until smooth. Add cream. Serve hot. This sauce should be of consistency of heavy



cream. If it thickens too much, dilute with more cream. *For steak, lamb chops, etc.*

### MINT SAUCE

$\frac{1}{4}$  cup finely chopped mint leaves      1 tablespoon powdered sugar  
 $\frac{1}{2}$  cup vinegar

Dissolve sugar in vinegar. Pour over mint and let stand 30 minutes in warm place. If vinegar is very strong, dilute with water. *For lamb.*

### CURRENT MINT SAUCE

Separate  $\frac{1}{2}$  tumbler of currant jelly in small pieces, but do not beat. Add  $1\frac{1}{4}$  tablespoons finely chopped fresh mint leaves and 1 tablespoon grated orange rind or thin yellow orange rind, cut in fine pieces with scissors. *For lamb.*

### COLD ORANGE SAUCE

|                             |                                |
|-----------------------------|--------------------------------|
| 6 tablespoons currant jelly | 2 tablespoons orange juice     |
| 3 tablespoons sugar         | 2 tablespoons lemon juice      |
| Grated rind 2 oranges       | $\frac{1}{4}$ teaspoon salt    |
| 2 tablespoons port wine     | $\frac{1}{8}$ teaspoon cayenne |

Put first 3 ingredients in bowl and beat 5 minutes; add remaining ingredients and stir until well blended. *For duck or lamb.*

### HORSE-RADISH SAUCE I

|                                            |                               |
|--------------------------------------------|-------------------------------|
| 3 tablespoons cracker crumbs               | 3 tablespoons butter          |
| $\frac{1}{3}$ cup grated horse-radish root | $\frac{1}{2}$ teaspoon salt   |
| $1\frac{1}{2}$ cups milk                   | $\frac{1}{8}$ teaspoon pepper |

Cook first 3 ingredients 20 minutes in double boiler. Add butter, salt, and pepper. *For beef.*

### HORSE-RADISH SAUCE II

|                                    |                               |
|------------------------------------|-------------------------------|
| 4 tablespoons grated horse-radish  | $\frac{1}{2}$ teaspoon salt   |
| $1\frac{1}{2}$ tablespoons vinegar | Few grains cayenne            |
|                                    | $\frac{1}{2}$ cup heavy cream |

Mix first 4 ingredients and add cream beaten stiff. *For beef.*

## EPICUREAN SAUCE

- |                                         |                                              |
|-----------------------------------------|----------------------------------------------|
| 3 tablespoons Mayonnaise (p. 468)       | $\frac{1}{2}$ to 1 teaspoon prepared mustard |
| 2 tablespoons grated horse-radish root, | $\frac{1}{2}$ teaspoon salt                  |
| $\frac{1}{2}$ cup heavy cream           | Few grains cayenne                           |

Beat cream until stiff. Cut and fold in remaining ingredients. *For beef.*

## VINAIGRETTE SAUCE

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 1 teaspoon salt                | 6 tablespoons olive oil              |
| $\frac{1}{4}$ teaspoon paprika | 1 tablespoon chopped green pepper    |
| Few grains pepper              | 1 tablespoon chopped cucumber pickle |
| 1 tablespoon tarragon vinegar  | 1 teaspoon finely chopped parsley    |
| 2 tablespoons cider vinegar    | 1 teaspoon finely chopped chives     |

Combine ingredients. Vary as desired. *For fish.*

## COLD SPANISH SAUCE

- |                                     |                                            |
|-------------------------------------|--------------------------------------------|
| $1\frac{1}{2}$ cups canned tomatoes | Few grains cayenne                         |
| $\frac{1}{4}$ onion                 | 3 egg yolks, slightly beaten               |
| Sprig of parsley                    | 3 tablespoons olive or salad oil           |
| Bit of bay leaf                     | 1 tablespoon granulated gelatin            |
| 6 cloves                            | dissolved in $\frac{3}{4}$ tablespoon tar- |
| $\frac{1}{3}$ teaspoon salt         | ragon vinegar and $\frac{3}{4}$ table-     |
| $\frac{1}{4}$ teaspoon paprika      | spoon cold water                           |

Cook tomato and seasonings 15 minutes. Rub through sieve. Add olive oil to egg yolks. Combine mixtures, cook over hot water, stirring constantly. Add dissolved gelatin. Strain and cool. *For fish.*

## SAUCE TYROLIENNE

- |                                       |                                         |
|---------------------------------------|-----------------------------------------|
| $\frac{3}{4}$ cup Mayonnaise (p. 468) | $\frac{1}{2}$ tablespoon finely chopped |
| $\frac{1}{2}$ tablespoon capers       | parsley                                 |
| 2 tablespoons Tomato Purée (p. 222)   | 1 finely chopped gherkin                |

Add seasonings to Mayonnaise. *For fish.*

## GUAYMAS SAUCE

- |                                         |                                         |
|-----------------------------------------|-----------------------------------------|
| $\frac{1}{2}$ cup Tomato Sauce (p. 230) | $1\frac{1}{3}$ cups Mayonnaise (p. 468) |
| 3 tablespoons shredded olives           |                                         |

Add Mayonnaise and olives to Tomato Sauce just before serving. *For fish.*

## CUCUMBER SAUCE I

2 cucumbers pared, grated, and  
thoroughly drained

Salt and pepper  
Vinegar

Season cucumbers to taste. *For fish.*

## TARTARE SAUCE

$\frac{3}{4}$  cup Mayonnaise (p. 468)  
 $\frac{1}{2}$  shallot, finely chopped, *or*  
 $\frac{1}{4}$  tablespoon finely chopped onion  
 $\frac{1}{2}$  tablespoon capers

Pickles }  
Olives }  $\frac{1}{2}$  tablespoon each,  
Parsley } finely chopped  
1 tablespoon tarragon vinegar

Combine ingredients. *For fish.*

## CUCUMBER SAUCE II

$\frac{1}{2}$  cup heavy cream  
 $\frac{1}{4}$  teaspoon salt  
Few grains pepper

2 tablespoons vinegar  
1 cucumber, pared, chopped, and  
thoroughly drained

Chill all ingredients thoroughly. Beat cream until thick but not stiff. Add vinegar gradually to cream while beating constantly. Season and fold in cucumber. *For fish.*

## CHAPTER 17

# *Fish*

**To Select Fish.** A fresh fish has firm and elastic flesh, bright eyes and gills, and a characteristic odor which can only be described as "fresh," but which is easily learned. Fresh fish sinks when put in water.

Allow one pound of solid fish for three persons or one pound for two persons, if bought with skin and bones.

Substitute any dry-meated fish in recipes calling for halibut or haddock.

**To Keep Fish.** Because of its strong odor, cover fish closely, if put in refrigerator with other food. If fish is not to be used for a day or two, clean it, cut in pieces, and cook for a few minutes in oil.

**To Prepare Frozen Fish.** Cook without thawing.

**To Clean Fish.** Fish are cleaned and dressed at market as ordered, but need additional cleaning before cooking. Remove scales which have not been taken off. This is done by drawing a knife over fish, beginning at tail and working toward head, occasionally wiping knife and scales from fish. Incline knife slightly towards you, to prevent scales from flying. The largest number of scales will be found on the flank. Wipe fish thoroughly inside and out with paper towel or cloth wrung out of cold water, removing any clotted blood which may be found adhering to backbone.

Head and tail may or may not be removed, according to size of fish and manner of cooking. Small fish are often served with head and tail left on.

Whether fish is dressed at home or at market, head, tail, and bones should be retained to make Fish Stock (p. 175).

**To Skin Fish.** With sharp knife remove fins along the back and cut off a narrow strip of skin the entire length of back. Loosen skin on one side from bony part of gills. If fish is fresh, skin may be readily drawn off. If flesh is soft, work slowly and carefully, following close to skin with knife, to tear the flesh as little as possible. After removing skin from one side, turn fish and skin the other side.

**To Bone Fish.** Clean and skin before boning. Beginning at the tail, run a sharp knife under flesh close to backbone, and with knife follow bone (making as clean a cut as possible) its entire length, thus removing half the flesh; turn and remove flesh from other side. Pick out with fingers any small bones that may remain. Cod, haddock, halibut, and whitefish are easily and frequently boned; flounders and smelts occasionally.

**To Fillet Fish.** Clean, skin, and bone. Cut in large or small pieces. Haddock and similar fish are filleted, wrapped in wax paper, and sold fresh, or packed in ice or frozen. When very quickly frozen they are shipped long distances, arriving in as good condition as though freshly caught. Halibut, cut in  $\frac{3}{4}$ -inch slices, is often cut in fillets, and fillets are frequently rolled. When flounder is cut in fillets, it is served under the name of fillet of sole. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

## BAKED FILLETS OF FISH

Cut fish in pieces for serving and let stand at room temperature 15 minutes. Dip in well-salted milk (1 tablespoon salt to each cup) and then in finely sifted bread crumbs. Place in oiled or buttered baking pan or oven-proof platter, sprinkle with oil or melted butter (about 1 tablespoon to each pound of fish), and brown quickly (10 to 20 minutes) in very hot oven (550° F.). Use no water in pan. Serve with melted butter, Maître d'Hôtel Butter (p. 235), or Lemon Butter (p. 235), etc.

|          |          |          |                             |           |
|----------|----------|----------|-----------------------------|-----------|
| Bass     | Flounder | Mackerel | Pompano                     | Trout     |
| Bluefish | Haddock  | Perch    | Red Snapper                 | Tuna      |
| Cod      | Hake     | Pickarel | Salmon                      | Weakfish, |
| Eels     | Halibut  | Pike     | Sole ( <i>see</i> Flounder) | etc.      |

## BAKED WHOLE FISH (*Small*)

(*Fresh Sardines, Smelts, Brook Trout, etc.*)

For fish weighing a pound or less, clean, remove heads and tails, and cook like Baked Fillets of Fish. They may be seasoned, wrapped in buttered paper or parchment paper, and baked.



**BAKED STUFFED FISH (3-5 pounds)***(Bass, Bluefish, Cod, Haddock, etc.)*

Clean and scale, removing head and tail or not, as desired. Rub with salt inside and out. Stuff and close opening with needle and thread, or toothpicks laced with string. Cut 3 or 4 gashes through skin on each side to keep fish in shape during cooking. Place on fish sheet in dripping pan or on oiled oven-proof platter. If desired, arrange in circle or in "S" shape, fastening with skewer. Bake 10 to 15 minutes in very hot oven (550° F.), then reduce heat as it browns to 425° F., and bake 30 to 45 minutes, according to thickness of fish. Allow 10 minutes to the pound up to 4 pounds, and 5 minutes for each additional pound.

Do not baste oily-meated fish. Baste dry-meated fish every 10 minutes or cover with thin slices of fat salt pork or gash and insert bits of fat salt pork.

Serve with any of the sauces listed below.

**Staffings:**

|                                   |                                        |
|-----------------------------------|----------------------------------------|
| Plain Stuffing (p. 210)           | Celery Stuffing I or II (pp. 210, 212) |
| Mushroom Stuffing (p. 213)        |                                        |
| Savory Mushroom Stuffing (p. 213) | Oyster Stuffing I or II* (p. 211)      |

**Sauces:**

|                               |                               |
|-------------------------------|-------------------------------|
| White Sauce (p. 222)          | Egg Sauce I or II (p. 226)    |
| Cream Sauce (p. 222)          | Bercy Sauce (p. 225)          |
| Cucumber Sauce (p. 239)       | Tomato Sauce (p. 230)         |
| White Sauce with Egg (p. 223) | Sauce Finiste (p. 231)        |
| Brown Almond Sauce (p. 223)   | Tomato Cream Sauce (p. 231)   |
| Olive Sauce (p. 228)          | Oyster Sauce (p. 232)         |
| Onion Sauce (p. 224)          | Russian Oyster Sauce (p. 232) |
| Drawn Butter Sauce (p. 226)   | Shrimp Sauce† (p. 226)        |

**BAKED STUFFED FILLETS OF FISH**

Lay fillet on oiled fish sheet in baking dish or on oven-proof platter. Sprinkle with salt, cover with stuffing and with another fillet. Brush with oil or melted butter and bake as for Baked Stuffed Fish.

\* Oyster Stuffing is good with Cod.

† Shrimp Sauce with Bluefish is a particularly delicious combination.

## BROILED FISH

(*Cod, Halibut, Mackerel, Pompano, Salmon, Scrod, Swordfish, Whitefish, etc.*)

**Whole.** Split and clean. Remove head and tail or not, as desired. Wipe as dry as possible, sprinkle with salt and pepper. Dip small whole fish in olive oil. Place, flesh side up, on well-greased broiler or in shallow pan. Cook under broiling unit 2 inches from heat for 15 minutes or until fish flakes when tried with fork. Turn and broil on skin side, just long enough to make skin brown and crisp.

**In Slices.** Dot dry-meated fish such as swordfish generously with butter.

**Fillets.** Brush with oil, sprinkle with salt and flour, and place on greased broiler or cooky sheet. Broil quickly until brown, then turn and brown other side. To turn on cooky sheet, use two broad spatulas, or put a second cooky sheet over the fillet and invert both sheets together, then remove the first sheet.

Garnish with parsley and lemon. Serve with melted butter, Maître d'Hôtel Butter (p. 235), or Lemon Butter (p. 235), etc. Pompano is delicious with Cucumber Hollandaise (p. 234).

## SAUTÉED FISH

Clean small fish, leaving on heads and tails. Cut large fish in slices or fillets. Roll in salted flour or granulated corn meal. Put 2 or 3 tablespoons butter or olive oil in frying pan, heat, put in fish, brown on one side, turn, and brown other side. For cod, eel, halibut, etc., try out slices of fat salt pork in frying pan, remove scraps, and sauté in fat. Serve with melted butter, Maître d'Hôtel Butter (p. 235), or Lemon Butter (p. 235), Tarter Sauce (p. 234), Tartare Sauce (p. 239), Creole Sauce (p. 228), Hollandaise (p. 232), Cucumber Hollandaise (p. 234).

|                                         |             |                 |
|-----------------------------------------|-------------|-----------------|
| Bass                                    | Haddock     | Salmon          |
| Bullheads                               | Halibut     | Fresh Sardines  |
| Butterfish                              | Perch       | Smelts          |
| Cod                                     | Pickarel    | Sturgeon steaks |
| Eels (skin and cut in<br>2-inch pieces) | Pike        | Brook Trout     |
| Flounder                                | Pompano     | Whitebait, etc. |
|                                         | Red Snapper |                 |

**FRIED FISH (*In Deep Fat*)**

*(Flounder, Smelts, Whitefish, or Fillets of Halibut, etc.)*

Clean, wipe as dry as possible. Sprinkle with salt, dip in flour, egg, and crumbs, and fry in deep fat (370° F.).

**POACHED FILLETS OF FISH**

Trim fillets in neat pieces and poach in milk or white wine. Drain and serve with Drawn Butter Sauce (p. 226) made with liquid from pan.

**STEAMED FISH**

*(Cod, Flounder, Hake, Haddock, Halibut, Perch, Pickerel, Pike, Red Snapper, Salmon, Lake Trout, Turbot)*

Dry-meated fish are best for boiling or steaming as flesh will remain firm. Unless fish is to be garnished whole, it is better to cut into pieces for serving before boiling or steaming.

Sprinkle fish liberally with salt and steam over boiling water or Court Bouillon (see below). If in a large, thick piece, turn once. Steaming is preferable to boiling as more flavor is retained. Save any juice that comes from the fish to use in sauce in place of water. Serve with any sauce suggested under Baked Stuffed Fish (p. 242).

**BOILED FISH**

Place fish on plate or cover, wrap in square of cheesecloth and plunge into boiling Court Bouillon or water to which has been added salt and vinegar or lemon juice. After 5 minutes, add cold water to reduce temperature quickly and simmer until flesh falls away from bones. Allow 6 to 10 minutes per pound, according to whether pieces are thin or thick. Use any sauce suggested under Baked Stuffed Fish (p. 242).

Court Bouillon or water in which fish was cooked may be used in place of water in making sauce or Fish Stock, or strained to use again.

**Court Bouillon**

|                                                                            |                        |
|----------------------------------------------------------------------------|------------------------|
| $\frac{1}{3}$ cup, each, carrot, onion, and<br>celery, cut in small pieces | 2 cloves               |
| 2 sprigs parsley                                                           | $\frac{1}{2}$ bay leaf |
| 2 tablespoons butter                                                       | 1 tablespoon salt      |
| 6 peppercorns                                                              | 2 tablespoons vinegar  |
|                                                                            | 2 quarts water         |

Cook carrot, onion, celery, and parsley with butter 3 minutes, add remaining ingredients, and bring to boiling point. *Makes 2 quarts.*

## BAKED FILLETS OF BASS WITH BROWN SAUCE

Cut bass into small fillets, sprinkle with salt and pepper, put into shallow pan, cover with buttered paper, and bake 12 minutes in hot oven (400° F.). Arrange in a rice border, garnish with parsley, and serve with Brown Sauce (p. 228) made with water. *One pound serves 3.*

### BRESLIN BAKED BLUEFISH

|                                     |                                |
|-------------------------------------|--------------------------------|
| Bluefish (about 4 pounds)           | 2 tablespoons parsley          |
| $\frac{1}{4}$ cup butter, creamed   | 2 tablespoons capers           |
| 2 egg yolks                         | 2 tablespoons lemon juice      |
| 2 tablespoons onion, finely chopped | 1 tablespoon vinegar           |
| 2 tablespoons pickles               | $\frac{1}{2}$ teaspoon salt    |
|                                     | $\frac{1}{3}$ teaspoon paprika |

Split and bone fish, place on well-buttered sheet or oven-proof platter. Cook 20 minutes in hot oven (400° F.). Combine other ingredients. Spread over fish and continue baking until fish is done. *Serves 6 to 8.*

### BLUEFISH À L'ITALIENNE

|                             |                                     |
|-----------------------------|-------------------------------------|
| 4-pound bluefish            | 3 tablespoons mushroom liquor       |
| Salt and pepper             | (cook stems in water)               |
| 3 tablespoons cooking wine  | $\frac{1}{2}$ onion, finely chopped |
| 8 mushrooms, finely chopped |                                     |

Split and bone fish, put on buttered fish sheet or oven-proof platter, and sprinkle with salt and pepper and other ingredients. Add enough water for basting. Bake 45 minutes in moderately hot oven (375° F.), basting 5 times. Serve with Brown Sauce (p. 228) made with stock or water. *Serves 6 to 8.*

### FILLETS OF FLOUNDER IN PAPER CASES

|                                               |                 |
|-----------------------------------------------|-----------------|
| Flounder fillets, cut in pieces               | Melted butter   |
| Cold cooked ham in $\frac{1}{4}$ -inch slices | Salt and pepper |

Trim ham in oblong pieces with rounding corners. Arrange thick piece of fillet on each piece of ham, sprinkle with salt and pepper, put in paper cases, and turn edges, thus preventing escape of juices. Put in pan, brush cases with melted butter, and bake 15 minutes in hot oven (400° F.). Arrange on hot serving plates without removing cases. Serve with melted butter. *One pound serves 3.*

### FILLETS OF SOLE, À LA MEUNIÈRE I

Dip fillets in salted flour. Sauté in butter until delicately brown. Season liquid remaining in pan with lemon juice and pour over fish. Sprinkle with finely chopped parsley. *One pound serves 3.*

**Amandine.** Sprinkle with sliced almonds, sautéed.

### FILLETS OF SOLE, À LA MEUNIÈRE II

Melt enough butter in heavy frying pan to cover fillets. Heat, put in fish, and cook until delicately brown. Remove fish to hot platter. To  $\frac{1}{2}$  cup liquid in pan add 2 tablespoons flour,  $\frac{1}{2}$  cup chicken stock, few drops lemon juice, and 1 tablespoon finely chopped parsley. Blend well, pour over fish. *One pound serves 3.*

### FILLETS OF SOLE BAKED IN CREAM

Dip fillets in salted flour. Arrange in baking dish. Cover with cream. Bake 15 minutes in hot oven (450° F.). Remove fish to hot platter. Season cream delicately with anchovy essence or beef extract and pour over fish. *One pound serves 3.*

**À la Bercy.** In place of cream, add  $\frac{1}{4}$  cup white wine or water and 1 tablespoon lemon juice (for 8 fillets). Serve with Bercy Sauce (p. 225) made from liquid in pan.

### FILLETS OF SOLE, ST. MALO

|                               |                                   |
|-------------------------------|-----------------------------------|
| 8 fillets of flounder         | 2 slices onion                    |
| 1 cup Fish Stock (p. 175)     | Bit of bay leaf                   |
| $\frac{1}{2}$ cup white wine  | Stalk of celery, broken in pieces |
| $\frac{1}{2}$ pint oysters    | Normandy Sauce (p. 227) made      |
| 2 slices carrot               | with fish liquor left in pan      |
| 6 tablespoons Parmesan cheese |                                   |

Put fillets in buttered pan, sprinkle with salt and pepper, pour over Fish Stock and wine. Parboil oysters (p. 287), drain, and put oyster liquor, carrot, onion, bay leaf, parsley, and celery on the fish. Cover with buttered paper and bake 20 minutes in hot oven (400° F.). Remove fillets to oven-proof platter. Pour Normandy Sauce over fillets, place a parboiled oyster on each, sprinkle with cheese, and bake until cheese melts. *Serves 6 to 8.*



## FILLETS OF SOLE, MARGUÉRY

|                                          |                                     |
|------------------------------------------|-------------------------------------|
| 8 fillets of flounder                    | 1 small boiled lobster              |
| Bones and trimmings of fish              | 18 little neck clams <i>or</i> tiny |
| Salt and paprika                         | canned shrimps                      |
| $\frac{1}{3}$ cup white wine             | $2\frac{1}{2}$ cups cold water      |
| $\frac{1}{4}$ cup grated Parmesan cheese | 3 tablespoons butter                |
| 3 tablespoons flour                      |                                     |

Put fillets in buttered dripping pan, sprinkle with salt and paprika, and pour over wine. Cover with buttered paper and bake 15 minutes in a moderate oven (350° F.). Put bones and trimmings of fish in saucepan, add bones from a small lobster, and 6 clams. Cover with cold water, bring to boiling point, and simmer until stock is reduced to 1 cup. Melt 3 tablespoons butter, add 3 tablespoons flour, and stir until well blended, then pour on Fish Stock gradually. Bring to boiling point, add  $\frac{1}{4}$  cup liquid in which fish has cooked, and season with salt and pepper. Arrange fillets on oven-proof platter, strain over sauce, and garnish with slices of lobster meat, and 12 clams. Sprinkle with cheese and bake until thoroughly heated. Use water and lemon juice in place of wine if desired. *Serves 6 to 8.*

## STUFFED TURBANS OF FLOUNDER

|                                          |                                       |
|------------------------------------------|---------------------------------------|
| 8 long fillets of flounder               | Chopped soft part of 12 oysters       |
| $\frac{3}{4}$ cup chopped mushroom stems | <i>or</i> $\frac{1}{2}$ cup crab meat |
| Few drops onion juice                    | $\frac{1}{2}$ teaspoon salt           |
| 3 tablespoons butter                     | $\frac{1}{8}$ teaspoon pepper         |
| $4\frac{1}{2}$ tablespoons flour         | Few grains cayenne                    |
| $\frac{1}{2}$ cup cream                  | Few grains mace                       |

Trim fillets and coil inside buttered muffin rings, placed in buttered pan. Cook mushrooms and onion juice with butter 1 minute. Add flour and stir until well blended; then add cream gradually, while stirring constantly. Bring to boiling point and add oysters or crab meat and seasonings. Fill muffin rings with mixture, cover with buttered paper, and bake 20 minutes in moderately hot oven (375° F.). Sprinkle with buttered bread crumbs and continue baking until crumbs are brown. Slip from rings onto hot platter. Other stuffings may be used. *Serves 6 to 8.*

**BAKED HADDOCK STUFFED WITH OYSTERS**

|                      |                               |
|----------------------|-------------------------------|
| 4-pound haddock      | 1 egg, slightly beaten        |
| Salt and lemon juice | 1 cup buttered cracker crumbs |
| 1 pint oysters       | Hollandaise (p. 232)          |

Remove skin, head, tail, and bones or order fish filleted at market. Sprinkle fillets with salt and brush over with lemon juice. Clean oysters and dip in buttered crumbs, seasoned with salt and pepper. Lay one fillet in greased baking pan, cover with oysters, then with other fillet. Brush with egg, cover with crumbs, and bake 50 minutes in moderate oven (350° F.). Serve with Hollandaise. *Serves 8.*

**HADDOCK À LA MÉTROPOLE**

|                                                       |                                                   |
|-------------------------------------------------------|---------------------------------------------------|
| 2 haddock fillets                                     | Normandy Sauce (p. 227)                           |
| $\frac{1}{2}$ cup heavy cream                         | $\frac{1}{4}$ teaspoon salt                       |
| $1\frac{1}{4}$ tablespoons Pimiento Purée<br>(p. 222) | $\frac{1}{2}$ cup buttered coarse bread<br>crumbs |
| $\frac{1}{2}$ tablespoon finely chopped chives        | $1\frac{1}{2}$ tablespoons lemon juice            |

Arrange fish in buttered pan, brush over with lemon juice, sprinkle with salt and pepper, and pour over sauce. Cover with buttered paper and bake 15 minutes in moderately hot oven (375° F.). Beat cream until stiff, add Pimiento Purée, chives, and salt. Spread fillets with cream. Sprinkle with buttered crumbs and bake until crumbs are brown. *Serves 6 to 8.*

**BAKED HADDOCK À LA PRESTON**

|                                        |                                         |
|----------------------------------------|-----------------------------------------|
| 2 haddock fillets                      | $\frac{1}{2}$ cup buttered bread crumbs |
| $1\frac{1}{2}$ tablespoons lemon juice | $\frac{2}{3}$ cup cream or milk         |
| Salt and pepper                        | Mushroom Stuffing                       |

Brush fish with lemon juice and sprinkle with salt and pepper. Put one fillet in buttered pan or on oven-proof platter, spread with stuffing, cover with remaining fillet, pour over cream or milk, and bake 25 minutes in moderately hot oven (375° F.). Sprinkle with bread crumbs and bake until crumbs are brown. Remove to hot serving dish and strain liquor remaining in pan over it. *Serves 6.*

**Mushroom Stuffing.** Mix  $\frac{1}{2}$  cup bread crumbs with 3 tablespoons melted butter and  $\frac{1}{3}$  cup mushroom caps, cut in pieces,  $\frac{1}{2}$  teaspoon salt, and a few grains pepper.

**PLANKED HADDOCK**

Put two haddock fillets on buttered plank (p. 301), sprinkle with salt and pepper, brush over with melted butter, and bake 30 minutes in hot oven (400° F.). Garnish with mashed potatoes, outlining the original shape of the fish, making as prominent as possible head, tail, and fins. Bake until potatoes are well browned, when fish should be thoroughly cooked. Finish garnishing with parsley and slices of lemon, sprinkled with finely chopped parsley. *Serves 6.*

**FILLETS OF HADDOCK, WHITE WINE SAUCE**

|                                      |                                       |
|--------------------------------------|---------------------------------------|
| 2 haddock fillets                    | $\frac{1}{2}$ cup Fish Stock (p. 175) |
| 5 tablespoons melted butter          | or water                              |
| $\frac{3}{4}$ cup white wine         | 2 tablespoons heavy cream             |
| $\frac{1}{2}$ tablespoon lemon juice | 2 egg yolks                           |
| 2 slices onion                       | Salt and pepper                       |
| 2 tablespoons flour                  | Parsley                               |

Arrange fillets in buttered baking pan, pour around fish 3 tablespoons melted butter, wine, to which has been added lemon juice, and 2 slices onion. Cover and bake 10 minutes in hot oven (400° F.). Melt 2 tablespoons butter, add flour, and pour on liquor drained from fish; then add stock or water, heavy cream, egg yolks, salt, and pepper. Remove fillets to serving dish, strain sauce over fish, and sprinkle with finely chopped parsley. *Serves 6.*

**FISHERMAN'S HADDOCK**

Remove head and tail from a 4-pound haddock and split, or use 2 haddock fillets. Sprinkle with 1 cup salt, cover, and let stand overnight. Remove salt, rinse thoroughly, tie in cheesecloth, and cook in boiling water until tender. Drain thoroughly and remove from cheesecloth to hot platter. Garnish with steamed potatoes of uniform size and boiled beets (cut in slices and slices then cut in fancy shapes; season with butter and salt), alternating vegetables. Cut four  $\frac{1}{4}$ -inch slices fat salt pork in small cubes and try out. Serve pork scraps, pork fat, and 2 cups White Sauce (p. 222) with the fish. Salt codfish, heated in water below boiling point, may be served in the same way. *Serves 6 to 8.*

**BAKED HALIBUT**

|                          |                                |
|--------------------------|--------------------------------|
| 2-pound slice halibut    | 1 sprig parsley                |
| Fat salt pork            | 1 slice onion                  |
| Salt and pepper          | 2 slices carrot, cut in pieces |
| Flour                    | Bit of bay leaf                |
| $\frac{1}{4}$ cup butter |                                |

Cut gashes in top of fish, insert a narrow strip of fat salt pork in each gash. Place on fish sheet in dripping pan, sprinkle with salt and pepper, and dredge with flour. Cover bottom of pan with water, add parsley, onion, carrot cut in pieces, and bay leaf. Bake 50 minutes in moderate oven (350° F.), basting with butter and liquor in pan. Serve with Lobster Sauce (p. 224), etc. *Serves 6.*

**BAKED HALIBUT, TOMATO SAUCE**

2 pounds halibut    2 cups Tomato Sauce or Italian Tomato Sauce (p. 230)

Clean fish, put in baking pan, pour around half the sauce, and bake 35 minutes in moderately hot oven (375° F.), basting often. Remove to hot platter, pour around it remaining sauce heated to boiling point, and garnish with parsley. *Serves 6.*

**SHATTUCK HALIBUT**

|                                          |                                             |
|------------------------------------------|---------------------------------------------|
| 1½-pound slice halibut                   | Green pepper, cut in Julienne-shaped pieces |
| 5 slices peeled tomato<br>(¾ inch thick) | $\frac{1}{3}$ cup melted butter             |
| Salt and pepper                          |                                             |

Wipe fish and put in buttered oven-proof platter or dripping pan. Sprinkle with salt and pepper. Arrange on top tomato and green pepper. Bake 25 minutes in hot oven (400° F.). Baste with melted butter and liquor in platter. *Serves 4.*

**BAKED HALIBUT, SWEDISH STYLE**

|                       |                                       |
|-----------------------|---------------------------------------|
| 1-pound slice halibut | $\frac{3}{4}$ cup canned tomatoes     |
| Salt                  | $\frac{1}{2}$ teaspoon powdered sugar |
| Pepper                | $\frac{1}{2}$ onion                   |
| Melted butter         | $\frac{1}{3}$ cup heavy cream         |

Wipe halibut and remove skin. Place in baking dish, sprinkle with salt and pepper, and brush over with melted butter. Drain tomatoes and add sugar. Spread over fish, then cover with onion, thinly sliced.

Bake 20 minutes in moderately hot oven (375° F.), pour cream over, and bake 10 minutes. Remove onion and serve at once, from dish in which it was cooked. *Serves 4.*

### HALIBUT À LA SUISSE

|                          |                                     |
|--------------------------|-------------------------------------|
| 2-pound piece of halibut | ¼ pound mushrooms, broken in pieces |
| Salt and pepper          | 1 cup cream                         |
| ½ cup butter             | 1 teaspoon beef extract             |

Wipe fish, place in buttered dish. Sprinkle with salt and pepper. Place butter on top. Bake 15 minutes, basting twice. Cover with mushrooms and cream. Bake 15 minutes. Add beef extract to liquor in pan. Bake 10 minutes, basting twice. *Serves 6.*

### BAKED FILLETS OF HALIBUT

Cut 1½-pound slice of halibut into 8 small fillets, sprinkle with salt and pepper, put in shallow pan, cover with buttered paper, and bake 12 minutes in hot oven (400° F.). Garnish with parsley. Serve with Hollandaise (p. 232).

**With Brown Sauce.** After baking 5 minutes, drain, cover with 1½ cups Brown Sauce (p. 228), sprinkle with ½ cup buttered cracker crumbs. Bake until brown. *Serves 4.*

### SANDWICHES OF CHICKEN HALIBUT

Cut chicken halibut in thin fillets. Dip fillets in melted butter seasoned with salt and pepper, and brush over with lemon juice. Put together in pairs, with Fish or Chicken forcemeat (p. 173) between. Place in shallow pan with ¼ cup white wine or water. Bake 20 minutes in hot oven (400° F.). Arrange on hot platter for serving, sprinkle with finely chopped parsley, garnish with Tomato Jelly (p. 492), and serve with Hollandaise (p. 232).

### HALIBUT À LA RAREBIT

Sprinkle 2 small slices halibut with salt, pepper, and lemon juice; then brush over with melted butter, place on oven-proof platter or on greased fish sheet, and bake 12 minutes in hot oven (400° F.). Pour Welsh Rarebit I (p. 137) over fish. *Serves 4 to 6.*



**HOLLENDEN HALIBUT**

|                                   |                      |
|-----------------------------------|----------------------|
| 2-pound piece chicken halibut     | Bit of bay leaf      |
| Fat salt pork                     | 3 tablespoons butter |
| 1 small onion, thinly sliced      | 3 tablespoons flour  |
| $\frac{1}{2}$ cup buttered crumbs |                      |

Arrange 6 thin slices salt pork on oven-proof platter or in dripping pan. Cover with onion, add bay leaf. Place halibut, whole or cut in fillets, over pork and onion. Spread top with butter and flour creamed together. Cover with crumbs and arrange narrow strips of salt pork over crumbs. Cover with buttered paper and bake 50 minutes in moderate oven (350° F.), removing paper during last 15 minutes to brown crumbs. Garnish with slices of lemon cut in fancy shapes, sprinkled with finely chopped parsley and paprika. Serve with White Sauce (p. 222), using fat in pan in place of butter. *Serves 6.*

**HALIBUT LOOMIS**

|                          |                               |
|--------------------------|-------------------------------|
| 2 slices chicken halibut | Bit of bay leaf               |
| (1 pound each)           | $\frac{1}{2}$ cup white wine  |
| 1 onion, sliced          | 1 tablespoon vinegar          |
| 2 sprigs parsley         | $\frac{3}{4}$ teaspoon salt   |
| 1 sprig thyme            | $\frac{1}{8}$ teaspoon pepper |
| 2 cloves                 | Cold water                    |
| Allemande Sauce (p. 226) | 1 tablespoon butter           |

Arrange onion, parsley, thyme, cloves, and bay leaf in pan and place fish on top. Sprinkle with salt and pepper, add wine, vinegar, and cold water to cover. Let stand 2 hours, covered closely. Place on range, bring to boiling point, and boil gently 15 minutes. Remove to oven-proof platter and pour over Allemande Sauce made with liquor from pan instead of chicken stock. Dot over with butter, bake in hot oven (400° F.) until well browned. Sprinkle with finely chopped parsley and serve at once. *Serves 6.*

**HALIBUT or SOLE VÉRONIQUE**

|                                                 |                                             |
|-------------------------------------------------|---------------------------------------------|
| 2 slices halibut ( $\frac{3}{4}$ pound each) or | Normandy Sauce (p. 227)                     |
| 8 fillets of flounder                           | $\frac{3}{4}$ cup skinned and seeded Malaga |
| Salt and pepper                                 | grapes soaked 30 minutes in                 |
| Lemon juice                                     | 3 tablespoons Tokay wine                    |
| 1 onion, thinly sliced                          |                                             |

Cut fish into 8 fillets. Sprinkle with salt and pepper. Brush with lemon juice. Put slice of onion on each. Cover, let stand 2 hours.

Remove onion, place fillets in buttered pan, and pour over Normandy Sauce. Cover and bake in hot oven (425° F.) 10 minutes. Place fish on copper platter. Strain sauce, season with salt, and cook 5 minutes, add drained grapes and 2 teaspoons wine in which they were soaked, and pour around fish. *Serves 4 to 6.*

### HALIBUT À LA MARTIN

Clean 2 slices chicken halibut and cut into 8 fillets. Season with salt, brush over with lemon juice, and roll. Arrange on tin plate covered with cheesecloth, fold cheesecloth over fillets, and cook in steamer 15 minutes. Remove to serving dish, garnish with small shrimps, and around it pour Martin Sauce (p. 227). *Serves 4 to 6.*

**À la Bement.** Insert tip of small lobster claw in each fillet and garnish with thin slice of canned mushroom, sprinkled with parsley, and a thin circular slice of truffle. Serve with Lobster Velouté Sauce (p. 226).

**Au Lit.** Arrange a steamed fillet in center of each fish plate, place on top of each a cooked mushroom cap, and put mock scallops (made from remaining halibut) at each side of fillet. Serve with Drawn Butter Sauce (p. 226) with addition of 3 mushrooms, sliced, and 1 tablespoon sauterne.

### HALIBUT À LA POULETTE

|                                 |                         |
|---------------------------------|-------------------------|
| 1½-pound slice halibut          | 2 teaspoons lemon juice |
| ¼ cup melted butter             | Few drops onion juice   |
| 1½ cups Béchamel Sauce (p. 225) | 2 hard-cooked eggs      |
| ¼ teaspoon salt                 | 1 lemon                 |
| ⅛ teaspoon pepper               | Parsley                 |

Clean fish and cut in 8 fillets. Melt butter, add seasonings, and set over hot water to keep butter melted. Take up each fillet separately with a fork, dip in butter, roll, and fasten with a toothpick. Put in shallow pan, dredge with flour, and bake 12 minutes in hot oven (400° F.). Remove toothpicks, arrange on platter, pour Béchamel Sauce around fish, and garnish with egg yolks rubbed through strainer, egg whites cut in strips, lemon cut fan-shaped, and parsley. *Serves 4 to 6.*

### MOCK SCALLOPS

Cut halibut in pieces about the size and shape of scallops. Dip in crumbs, egg, and crumbs, and fry in deep fat (375° F.).

**FRIED HALIBUT, RUSSIAN STYLE**

|                                              |                               |
|----------------------------------------------|-------------------------------|
| 2 slices halibut ( $\frac{3}{4}$ pound each) | $\frac{1}{3}$ cup heavy cream |
| Salt, pepper, and cayenne                    | Flour                         |
| $\frac{1}{3}$ cup white wine <i>or</i>       | $\frac{1}{2}$ pound mushrooms |
| 1 tablespoon lemon juice                     | Normandy Sauce (p. 227)       |

Cut halibut in fillets, sprinkle with salt and pepper, pour on wine or lemon juice, cover, and let stand 30 minutes. Drain, dip each piece separately in heavy cream, then in flour, and fry in deep fat (395° F.). Arrange fish on serving dish, cover with mushrooms sautéed in butter, and pour over it Normandy Sauce, made with cream in which fish was dipped, and seasoned to taste with white wine. *Serves 4 to 6.*

**FISH MOUSSE *or* NORWEGIAN FISH PUDDING**

|                                                                                                          |                       |
|----------------------------------------------------------------------------------------------------------|-----------------------|
| 1 pound halibut <i>or</i> other delicate fish                                                            | 1 cup heavy cream     |
| 3 egg whites                                                                                             | Salt, pepper, cayenne |
| Normandy (p. 227), Lobster (p. 224), Shrimp (p. 226), Mushroom (p. 232), <i>or</i> Tomato Sauce (p. 230) |                       |

Put fish through food chopper several times. Pound in mortar, adding gradually unbeaten egg whites (a double-boiler top and wooden potato masher may be used). Rub through sieve. Add cream and season to taste. Turn into generously buttered ring or other mold which may be decorated with bits of truffle. Set in pan of hot water and bake 20 minutes in moderate oven (350° F.) or until mixture is firm. Turn on serving dish and surround with sauce. *Serves 4 to 6.*

**Swedish Fish Balls.** Shape mixture in buttered tablespoon. Slip from spoon into boiling water. Cook 8 minutes. Arrange on serving dish. Pour on Normandy Sauce (p. 227) seasoned with chopped parsley.

**HALIBUT TIMBALES, FARCI**

Line molds with Fish Mousse (above) or Fish Force meat I (p. 172), fill centers with Creamed Lobster (p. 282), shrimps, or crab meat; and cover with force meat. Bake (*see* Timbales, p. 129). Serve with Lobster Sauce (p. 224) or Béchamel Sauce (p. 225). Before filling molds, sprinkle, if desired, with lobster coral rubbed through a strainer.

**HALIBUT MARGUERITES**

Line a buttered tablespoon with Fish Forcemeat II (p. 173). Fill with Creamed Lobster (p. 282), cover with forcemeat, and garnish with forcemeat put through a pastry bag and tube, in the form of a marguerite. Color a bit of forcemeat with yellow-color paste and put in center. Slip from spoon into boiling water and cook 8 minutes. Serve with Béchamel Sauce (p. 225) or Lobster Sauce (p. 224).

**HALIBUT TIMBALES**

|                               |                                             |
|-------------------------------|---------------------------------------------|
| 1 pound halibut               | Few grains cayenne                          |
| $\frac{2}{3}$ cup milk        | $\frac{2}{3}$ teaspoon cornstarch           |
| 1 egg yolk                    | $\frac{1}{3}$ cup heavy cream, beaten stiff |
| $1\frac{1}{4}$ teaspoons salt | Cream Sauce (p. 222) or                     |
| $\frac{1}{4}$ teaspoon pepper | Lobster Sauce (p. 224)                      |

Force raw fish twice through food chopper, then rub through sieve. Add egg yolk, seasonings, and cornstarch. Add milk, gradually, then cream. Bake (*see* Timbales, p. 129). Serve with sauce. *Serves 6.*

**MACKEREL BAKED IN MILK**

Split fish, clean, and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper, dot over with butter (allowing 1 tablespoon to a medium-sized fish), and pour on  $\frac{2}{3}$  cup milk. Bake 25 minutes in hot oven (400° F.).

**BROILED POMPANO WITH FRICASSEE  
OF CLAMS**

Broil fish (p. 243). When nearly cooked, slip from broiler onto hot platter, and brush over with melted butter. Surround with 2 borders of mashed potatoes, 1 inch apart, forced through pastry bag and tube. Arrange 10 halves of clam shells between potato borders, at equal distances; fill spaces between shells with potato roses. Place in oven to finish cooking fish and to brown potatoes. Just before serving, fill clam shells with Fricassee of Clams (p. 274).

**ROYAL POINCIANA POMPARO**

|                      |                                    |
|----------------------|------------------------------------|
| 1 pompano (2 pounds) | $\frac{1}{2}$ cup heavy cream      |
| 2 cups shrimp        | $\frac{1}{2}$ teaspoon salt        |
| 2 eggs               | $\frac{1}{2}$ cup minced mushrooms |
|                      | $\frac{1}{4}$ cup sherry           |

Split and clean fish and put in buttered baking dish. Chop shrimp fine, add eggs beaten with cream, salt, mushrooms, and sherry. Spread mixture over fish. Pour  $\frac{1}{2}$  cup cream into pan. Bake 45 minutes in moderate oven (350° F.). Garnish with sliced cucumber and lemon. *Serves 4 or 5.*

**STEAMED SALMON**

Serve steamed salmon (p. 244) hot with Egg Sauce I or II (p. 226) or Hollandaise (p. 232). Serve cold with Mayonnaise (p. 468), Cucumber Hollandaise (p. 234), Ravigôte Mayonnaise (p. 468), or Cucumber Sauce I or II (p. 239). A salad of cooked peas, Lima beans, and carrots (cut small), mixed with Mayonnaise, is a good accompaniment to cold salmon.

**GRILLED SARDINES**

Drain canned sardines and cook in omelet pan until heated, turning frequently. Place on small oblong pieces of dry toast and serve with Maître d'Hôtel (p. 235) or Lemon Butter (p. 235).

**With Anchovy Sauce.** Serve with sauce made of  $1\frac{1}{2}$  tablespoons sardine oil, 2 tablespoons flour, and 1 cup Brown Stock (p. 178) or canned consommé. Season to taste with Anchovy sauce or paste.

**CREAMED SARDINES**

|                                 |                            |
|---------------------------------|----------------------------|
| 1 small box sardines            | 2 hard-cooked eggs, finely |
| 4 tablespoons butter            | chopped                    |
| 4 tablespoons soft, stale bread | Salt and pepper            |
| crumbs                          | Paprika                    |
| 1 cup cream                     | Toast                      |

Drain sardines, remove backbones, and mash. Melt butter, add crumbs and cream. When thoroughly heated, add eggs and sardines, salt, pepper, and paprika to taste. Serve on toast. *Serves 3 or 4.*



**SARDINES FRIED IN BATTER**

Drain canned sardines. Pour boiling water over them to free from oil, then remove skins. Dip in Batter (p. 424), increasing milk to  $\frac{2}{3}$  cups, and fry in deep fat ( $395^{\circ}$  F.); drain on brown paper. Serve with hot Tartare Sauce (p. 239).

**SCROD**

A scrod is a young cod or haddock split down the back and with backbone removed, except a small portion near the tail. Sprinkle with melted butter or dip in olive oil, then in fine crumbs, and sprinkle with salt and pepper. Broil (p. 243). Spread with Maître d'Hôtel Butter (p. 235). Creamed or hashed brown potatoes are traditional with scrod. *A small scrod ( $\frac{1}{2}$  to  $\frac{3}{4}$  pound) serves 1.*

**BAKED SHAD, ROE SAUCE**

Clean and split a 3-pound shad. Place in an oiled dripping pan, sprinkle with salt and pepper, brush over with melted butter, and bake 30 minutes in hot oven ( $400^{\circ}$  F.). Serve with Roe Sauce. *Serves 6.*

**Roe Sauce**

|                          |                                     |
|--------------------------|-------------------------------------|
| $\frac{1}{2}$ shad roe   | Cayenne                             |
| 2 tablespoons sherry     | 4 tablespoons flour                 |
| 2 tablespoons white wine | 1 cup Chicken Stock (p. 184)        |
| 5 tablespoons butter     | $\frac{1}{4}$ teaspoon beef extract |

Put roe in small, shallow baking pan. Sprinkle with salt, pepper, cayenne, and nutmeg. Add 2 tablespoons butter and wine. Cover with buttered paper. Bake 30 minutes. Remove membranes. Brown remaining butter, add flour, continue browning. Pour on stock gradually, while stirring constantly. Bring to boiling point, add beef extract, roe, and salt to taste.

**PLANKED SHAD or WHITEFISH**

Clean and split a 3-pound shad. Put skin side down on buttered plank, sprinkle with salt and pepper, and brush over with melted butter. Bake 25 minutes in hot oven ( $400^{\circ}$  F.) or broil in gas or electric broiler, 2 inches from heat. Spread with butter, garnish with parsley and lemon, and serve on the plank. *Serves 6.*

**PLANKED SHAD WITH CREAMED ROE**

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 3-pound roe shad                  | $\frac{1}{3}$ cup cream           |
| 3 tablespoons butter              | 2 egg yolks                       |
| 1 teaspoon finely chopped shallot | Salt, pepper, lemon juice         |
| $1\frac{1}{2}$ tablespoons flour  | $\frac{1}{2}$ cup buttered crumbs |

Prepare shad as for Planked Shad (p. 257). Parboil roe and mash. Melt butter, add shallot, and cook 5 minutes; add roe, sprinkle with flour, and add cream gradually. Cook slowly 5 minutes, add egg yolks, and season highly with salt, pepper, and lemon juice. Remove shad from oven, spread thin part with roe mixture, cover with buttered crumbs, and return to oven to brown crumbs. *Serves 6.*

**RED SNAPPER, FLORIDA**

|                                           |                                               |
|-------------------------------------------|-----------------------------------------------|
| $1\frac{1}{2}$ -pound red snapper fillets | $1\frac{1}{2}$ teaspoons grated orange rind   |
| 1 teaspoon salt                           | $\frac{3}{4}$ teaspoon grated grapefruit rind |
| $\frac{1}{8}$ teaspoon pepper             | Few grains nutmeg                             |

Arrange fillets in buttered pan. Sprinkle other ingredients over fish. Cover with buttered paper and bake 15 minutes in hot oven (400° F.). Garnish with parsley and lemon. *Serves 4 to 6.*

**SHAD ROE**

Cook 20 minutes in water to cover, with 1 tablespoon salt and 1 tablespoon vinegar. Drain, cover with cold water, and let stand 5 minutes. Remove from water and prepare as desired.

**Sautéed with Bacon or Celery.** Separate cooked or canned roe in pieces. Melt 3 tablespoons butter, add roe, and cook 10 minutes. Serve plain or with broiled bacon, or add to fat in pan 1 tablespoon butter,  $\frac{1}{2}$  cup chopped celery, few drops onion juice, few drops lemon juice, salt and pepper, and serve with roe.

**Fried.** Cut in pieces, sprinkle with salt and pepper, and brush over with lemon juice. Dip in crumbs, egg, and crumbs. Fry in deep fat (390° F.). Serve with Tartare Sauce (p. 239).

**Baked with Tomato Sauce.** Place in buttered pan. Pour over it  $\frac{3}{4}$  cup Tomato Sauce (p. 230). Bake 20 minutes in hot oven (400° F.), basting every 5 minutes. Remove to platter and serve with sauce.

## SAUTÉED SMELTS

|                 |        |
|-----------------|--------|
| 6 smelts        | Flour  |
| Salt and pepper | Butter |

Split and clean smelts (bone or not), and cut 5 diagonal gashes on each side. Sprinkle with salt, pepper, and lemon juice, cover, and let stand 10 minutes. Roll in flour and sauté in butter. *Serves 4 to 6.*

**À la Meunière I.** Pour on butter from pan and sprinkle with chopped parsley. Serve with lemon.

**À la Meunière II.** Dip in cream before rolling in flour. Add to butter in pan 2 tablespoons flour, 1 cup stock,  $1\frac{1}{8}$  teaspoons anchovy essence, and a few drops lemon juice. Just before sauce is poured around smelts, add  $1\frac{1}{2}$  tablespoons butter and 1 teaspoon finely chopped parsley.

**Au Beurre Noir.** Serve with Beurre Noir (p. 234) poured over fish. Sprinkle with chopped parsley.

**Amandine.** Sauté in olive oil. Serve sprinkled with sliced almonds sautéed in olive oil.

## PLANKED SMELTS

|          |                                |
|----------|--------------------------------|
| 8 smelts | Maitre d'Hôtel Butter (p. 235) |
|----------|--------------------------------|

Clean and bone smelts and arrange on buttered plank in shape of large fish. Sprinkle with salt and pepper, spread with Maitre d'Hôtel Butter, and bake 12 minutes in hot oven (400° F.). Garnish with Duchess Potatoes (p. 410) and bake until fish is done and brown. Garnish (p. 215). *Serves 6 to 8.*

## FRIED SMELTS

Leave in natural shape, or skewer like letter "S," or with tails thrust into the mouth. They may be boned. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, or roll in flour. Fry in deep fat (370° F.) 3 to 5 minutes. As soon as smelts are put into fat, reduce heat so that they may not become too brown before cooked through. Serve with Tartare Sauce (p. 239).

## SMELTS EN BROCHETTE

Clean smelts, remove heads and tails, and cut in half-inch slices crosswise. Cut thin slices of bacon in pieces. Arrange slices of fish and bacon alternately on skewers, having 4 of each for a service. Brush over with olive oil, season with salt and pepper, roll in crumbs, fry in deep fat (p. 6), and drain on brown paper.

## SMELTS À LA GUAYMAS

|                       |                                     |
|-----------------------|-------------------------------------|
| 6 smelts              | Lemon juice                         |
| Salt, pepper          | 1 pimiento                          |
| Few drops onion juice | 1 tablespoon grated Parmesan cheese |

Wipe, split, and bone smelts. Sprinkle with salt, pepper, onion juice, and lemon juice; cover and let stand 15 minutes; rub pimiento through sieve, add cheese. Spread smelts with mixture, roll, fasten with wooden skewers, dip in crumbs, egg, and crumbs, fry in deep fat (p. 6), and drain. Serve with Guaymas Sauce (p. 238).

## STUFFED SMELTS

Clean and wipe as dry as possible 12 selected smelts. Cook 1 tablespoon finely chopped onion with 1 tablespoon butter 3 minutes. Add  $\frac{1}{4}$  cup finely chopped mushroom stems or caps,  $\frac{1}{4}$  cup soft part of oysters (parboiled, drained, and chopped),  $\frac{1}{2}$  teaspoon chopped parsley, and 3 tablespoons Thick White Sauce (p. 222). Stuff smelts, sprinkle with salt and pepper, and brush over with lemon juice. *Serves 6.*

**Baked.** Place in buttered shallow dish, cover with buttered paper, and bake 5 minutes in hot oven (425° F.). Sprinkle with buttered crumbs and bake until crumbs are brown. Serve with Béarnaise Sauce (p. 233).

**Fried.** Dip in crumbs, egg, and crumbs, fry in deep fat (395° F.), and serve with Tartare Sauce (p. 239).

## BROILED SWORDFISH

Order 2-inch slice from center of fish. Place on buttered shallow pan. Sprinkle with salt and pepper and dot generously with butter as swordfish is especially dry-meated. Cook 15 minutes in broiler 2 inches from heat. Turn and cook other side. *Two pounds serves 6.* Do not broil a thin slice as fish will be very dry.

## BROOK TROUT

Broil (p. 243) or wipe, sprinkle with salt and pepper, dip in flour and sauté in butter. Squeeze a little lemon juice into butter and pour over fish. *One pound serves 3.*

**FRIED WHITEBAIT**

Wash thoroughly, dry carefully in clean cloth. Shake to remove moisture. Sprinkle with salt and pepper, roll in flour, shake lightly in sieve to remove superfluous flour. Sauté in butter or fry in deep fat (370° F.) in frying basket with very fine mesh. They are so tiny that they cook very quickly, in 1 to 3 minutes. Serve with wedges of lemon or lime or sliced cucumbers or tomatoes. Use as separate fish course. *One pound serves 6 to 8.*

**PLANKED WHITEFISH**

*See Planked Shad (p. 257).*

**FROGS' LEGS**

Trim and clean. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, then fry 3 minutes in deep fat (375° F.), and drain. *Allow 1 pair per person.*

**FROGS' LEGS, NEWBURG**

|                                   |                           |
|-----------------------------------|---------------------------|
| $\frac{1}{3}$ pound mushroom caps | $\frac{1}{2}$ cup sherry  |
| 1 dozen frogs' legs               | $1\frac{1}{3}$ cups cream |
| $\frac{1}{2}$ pound crab meat     | 1 tablespoon cornstarch   |
| 2 tablespoons melted butter       | 1 tablespoon cold water   |
| 1 egg yolk, slightly beaten       |                           |

Clean and peel mushroom caps, cut in  $\frac{1}{4}$ -inch strips crosswise, and sauté in butter 3 minutes. Clean and steam frogs' legs until tender, then add crab meat, butter, and sherry. Cover and let stand 30 minutes. Cook 5 minutes. Pour off half the liquor and add mushrooms. Scald cream in double boiler; dilute cornstarch with cold water, add gradually to scalded cream, and cook 20 minutes, stirring constantly until mixture thickens and afterwards occasionally. Add egg yolk, slightly beaten. Add to first mixture, reheat, and season. *Serves 6.*

**KEDGEREE**

|                               |                            |
|-------------------------------|----------------------------|
| 2 cups cooked rice            | 2 cups cooked fish, flaked |
| 4 hard-cooked eggs, chopped   | $\frac{1}{2}$ cup cream    |
| 3 tablespoons chopped parsley | Salt, pepper               |

Combine and heat in double boiler. *Serves 6.*



## TERRAPIN

Canned terrapin is available. If fresh terrapin is used, *allow one 6- or 7-inch terrapin for 2 persons.*

To prepare terrapin for cooking, plunge into boiling water and boil 5 minutes. Lift out of water with skimmer and remove skin from feet and tail by rubbing with a towel. Draw out head with a skewer to rub off skin.

**To Cook Terrapin.** Put in kettle, cover with boiling salted water, add 2 slices each of carrot and onion, and a stalk of celery. Cook until meat is tender (35 to 40 minutes), which may be determined by pressing feet meat between thumb and finger. Remove from water, cool, draw out nails from feet, cut under shell close to upper shell, and remove. Empty upper shell and carefully remove and discard gall bladder, sandbags, and thick, heavy part of intestines. Any of the gall bladder would give a bitter flavor to the dish. The liver, small intestines, and eggs are used with the meat.

## TERRAPIN À LA BALTIMORE

|                                          |                      |
|------------------------------------------|----------------------|
| 1 terrapin                               | 3 tablespoons butter |
| $\frac{3}{4}$ cup Chicken Stock (p. 184) | Salt and pepper      |
| Cayenne                                  | 2 egg yolks          |

To stock add terrapin meat (with bones) cut in pieces and entrails cut in smaller pieces. Cook slowly until liquor is reduced one half. Add liver separated in pieces, egg yolks, butter, salt, pepper, and cayenne. Egg yolks may be omitted and  $\frac{1}{2}$  cup butter added bit by bit. If liked, add, just before serving, 1 tablespoon or more sherry. *Serves 2 or 3.*

**Terrapin à la Maryland.** Cook yolks hard, mash with fork, beat thoroughly into 3 tablespoons creamed butter, and force through fine sieve. After liquor is reduced, add  $\frac{1}{4}$  cup sherry,  $\frac{1}{2}$  cup heavy cream, salt, pepper, few grains each of cayenne and nutmeg, and let cook 5 minutes. Add half egg and butter mixture and shake pan over low heat until well blended. Add other half and shake until mixture is smooth. Add more seasoning if liked and serve in deep dish garnished with toast or puff-paste points.

**WASHINGTON TERRAPIN**

|                       |                         |
|-----------------------|-------------------------|
| 1 terrapin            | ½ cup chopped mushrooms |
| 1½ tablespoons butter | Salt                    |
| 1½ tablespoons flour  | Few grains cayenne      |
| 1 cup cream           | 2 eggs, slightly beaten |

Melt butter, add flour, and pour the cream on slowly. Add terrapin meat with bones cut in pieces, entrails cut smaller, liver separated in pieces, eggs of terrapin, and mushrooms. Season with salt and cayenne. Just before serving, stir in eggs. *Serves 2 or 3.*

**CREAMED FISH**

|                              |                            |
|------------------------------|----------------------------|
| 1 cup cooked fish, in flakes | 1 cup White Sauce (p. 222) |
|------------------------------|----------------------------|

Heat fish in White Sauce. Season highly. Serve on toast. *Serves 3.*

**Fish au Gratin.** Arrange in buttered baking dish. Cover with ½ cup buttered cracker crumbs and bake in hot oven (450° F.) until crumbs are brown. Grated cheese may be mixed with crumbs.

**SALMON or SHRIMP WIGGLE**

|                                                             |                                                  |
|-------------------------------------------------------------|--------------------------------------------------|
| 1 cup cooked salmon, flaked, or<br>shrimp, broken in pieces | 2 cups White Sauce (p. 222)<br>1 cup cooked peas |
|-------------------------------------------------------------|--------------------------------------------------|

Combine ingredients. Season to taste. Reheat. *Serves 6.*

**FISH À LA PROVENÇALE**

|                      |                                   |
|----------------------|-----------------------------------|
| ¼ cup butter         | Yolks 4 hard-cooked eggs, mashed  |
| 2½ tablespoons flour | 1 teaspoon Anchovy Sauce (p. 228) |
| 2 cups milk          | 2 cups cooked, flaked fish        |

Make a sauce of butter, flour, and milk. Add egg yolks mixed with Anchovy Sauce, then add fish. Bring to boiling point and serve on toasted whole wheat bread. *Serves 6 to 8.*

**FISH HASH**

Use equal parts of cold flaked fish (especially halibut) and cold boiled potatoes finely chopped. Season with salt and pepper. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

**FISH CROQUETTES**

|                                  |                 |
|----------------------------------|-----------------|
| 1½ cups cooked, flaked fish      | Salt and pepper |
| 1 cup Thick White Sauce (p. 222) | Lemon juice     |

Add fish to sauce. Season to taste. Chill, shape, crumb, and fry (*see* p. 415). *Serves 4 to 6.*

**Fish and Egg Croquettes.** Use 1 cup fish and 3 hard-cooked eggs finely chopped.

**SCALLOPED FISH AND EGGS**

*See* Scalloped Eggs (p. 122). Vary proportions as desired.

**EPICUREAN FISH CUTLETS**

|                                        |                    |
|----------------------------------------|--------------------|
| 1¾ cups flaked, cooked fish            | ⅓ cup flour        |
| ½ tablespoon shallot, finely chopped   | ¾ teaspoon salt    |
| 2 tablespoons pimiento, finely chopped | ¼ teaspoon paprika |
| 3 tablespoons butter                   | ½ cup milk         |
| ½ cup cream                            |                    |

Cook shallot and pimiento with butter 5 minutes, stirring constantly. Add flour mixed with salt and paprika and stir until well blended; then add milk and cream gradually, while stirring constantly. Bring to boiling point, add fish, and chill. *Serves 4 to 6.*

Shape, crumb, and fry (*see* Croquettes, p. 7). Serve with or without Epicurean Sauce (p. 238).

**TURBAN OF FISH**

|                             |                               |
|-----------------------------|-------------------------------|
| 2½ cups cooked, flaked fish | ¼ cup flour                   |
| 1½ cups milk                | ½ teaspoon salt               |
| 1 slice onion               | ⅛ teaspoon pepper             |
| Blade of mace               | Lemon juice                   |
| Sprig of parsley            | 2 egg yolks, slightly beaten  |
| ¼ cup butter                | ½ cup buttered cracker crumbs |

Scald milk with onion, mace, and parsley; remove seasonings. Melt butter, add flour, salt, and pepper, and add milk gradually while stirring constantly. Bring to boiling point and add egg yolks. Put layer of fish on buttered dish, sprinkle with salt and pepper, and add a few drops lemon juice. Cover with sauce and continue until fish and sauce are used, shaping in pyramid form. Cover with crumbs and bake in hot oven (450° F.) until crumbs are brown. *Serves 6.*

## FISH CUTLETS

Mix equal parts of cold flaked fish and hot mashed potatoes. Season with salt and pepper. Shape in cutlets, crumb, and fry (*see* p. 415).

## HAMPDEN HALIBUT

|                                       |                                    |
|---------------------------------------|------------------------------------|
| $\frac{1}{2}$ cup cooked, flaked fish | $\frac{1}{2}$ teaspoon salt        |
| 3 tablespoons butter                  | $\frac{1}{8}$ teaspoon paprika     |
| $1\frac{1}{2}$ tablespoons flour      | Few grains cayenne                 |
| $1\frac{1}{2}$ tablespoons cornstarch | $\frac{1}{3}$ cup canned mushrooms |
| $\frac{1}{3}$ cup fish stock          | 2 egg whites, beaten stiff         |
| $\frac{1}{3}$ cup mushroom liquor     | $\frac{1}{4}$ cup grated cheese    |
| $\frac{1}{3}$ cup cream               | $\frac{1}{8}$ teaspoon paprika     |
| 2 egg yolks, slightly beaten          | Few grains salt                    |

Melt butter, add flour and cornstarch, and stir until well blended; then pour on gradually, while stirring constantly, fish stock, mushroom liquor, and cream. Bring to boiling point and add egg yolks, salt, pepper, and paprika; then add fish and mushrooms cut in thin slices. Fill buttered scallop shells or ramekins with mixture, cover with egg whites mixed with cheese and seasoned with paprika and salt. Sprinkle with more cheese and bake in hot oven (450° F.) until well browned. *Serves 6.*

## TUNA FISH PIE

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 4 tablespoons butter                  | 2 crushed chicken bouillon cubes |
| 1 slice onion, chopped                | $\frac{1}{2}$ cup milk           |
| 4 tablespoons flour                   | 1 can tuna fish (12-ounce)       |
| $\frac{1}{2}$ teaspoon salt           | 1 cup celery, cut in fine pieces |
| $\frac{1}{8}$ teaspoon pepper         | or diced, cooked potato          |
| $1\frac{3}{4}$ cups boiling water     | 3 hard-cooked eggs               |
| Baking Powder Biscuit mixture (p. 86) |                                  |

Cook onion and butter 2 minutes, add flour, salt, and pepper, and stir until smooth. Add water, bouillon cubes, and milk, and stir until sauce boils. Add tuna fish, celery or potato, and eggs. Season, if necessary. Put in baking dish. Cut out small biscuits, arrange on top, and bake in hot oven (400° F.) until biscuits are done. *Serves 6.*

## FISH TIMBALES

|                               |                                      |
|-------------------------------|--------------------------------------|
| 2 cups cooked fish            | Few grains cayenne                   |
| $\frac{1}{3}$ cup thick cream | $1\frac{1}{2}$ teaspoons lemon juice |
| $\frac{1}{4}$ teaspoon salt   | 3 egg whites                         |

Chop fish fine or put through food chopper. Season with salt, cayenne, and lemon juice; add cream beaten until stiff, then beaten egg whites. Turn into small, slightly buttered molds, put in pan, surround with hot water to half height of molds, cover with buttered paper, and bake 20 minutes in moderate oven (350° F.). Remove from molds, cover with Béchamel Sauce (p. 225) or Lobster Velouté Sauce (p. 226), and garnish with parsley. *Serves 6.*

## SCALLOPED COD AND OYSTERS

Line a buttered baking dish with cold flaked cod, sprinkle with salt and pepper, cover with a layer of oysters (first dipped in melted butter, seasoned with onion juice, lemon juice, and a few grains of cayenne, and then in cracker crumbs), add 3 tablespoons oyster liquor or water; repeat and cover with buttered cracker crumbs. Bake 20 minutes in hot oven (450° F.). Serve with Egg Sauce (p. 226) or Hollandaise (p. 232).

## FISH SOUFFLÉ

|                                    |                                           |
|------------------------------------|-------------------------------------------|
| 2 cups cooked salmon or other fish | $\frac{1}{2}$ cup soft stale bread crumbs |
| $\frac{1}{4}$ teaspoon salt        | $\frac{1}{2}$ cup milk                    |
| $\frac{1}{8}$ teaspoon paprika     | 3 egg yolks                               |
| 2 teaspoons lemon juice            | 3 egg whites                              |

Thoroughly rinse fish, remove bones and skin, separate into flakes, and add seasonings. Cook bread crumbs in milk 5 minutes, add fish and egg yolks beaten until thick and lemon-colored; then cut and fold in egg whites, beaten until stiff. Turn into buttered dish, set in pan of hot water, and bake in moderate oven (350° F.) until firm. Serve with Spanish Sauce (p. 229). *Serves 6.*



**SALMON LOAF**

|                                     |                             |
|-------------------------------------|-----------------------------|
| 2 cups flaked cooked salmon         | 2 eggs, slightly beaten     |
| $\frac{1}{2}$ cup fine bread crumbs | 1 tablespoon minced parsley |
| 4 tablespoons butter                | Salt, pepper                |

Combine ingredients. Vary according to amount of cooked salmon on hand. One cup salmon may be combined with 1 cup crumbs, the mixture moistened with 1 cup hot milk. Steam 1 hour in buttered mold or bake in pan of hot water in moderate oven (375° F.). Serve hot or cold. *Serves 6.*

**Tuna Loaf.** Use tuna in place of salmon and add 1 tablespoon pimiento cut in tiny pieces.

**SALMON LOAF WITH CHEESE**

|                                   |                             |
|-----------------------------------|-----------------------------|
| 2 cups cooked salmon, flaked      | 1 tablespoon melted butter  |
| $1\frac{1}{2}$ cups grated cheese | $\frac{1}{2}$ teaspoon salt |
| 1 egg, well beaten                | Few grains pepper           |
| 3 tablespoons milk                | Cracker or bread crumbs     |

Combine ingredients, using crumbs enough to obtain stiff mixture. Shape in loaf in baking pan. Cover with buttered crumbs and bake in moderately hot oven (375° F.) until golden brown. Serve hot or cold. *Serves 6.*

**SPICED SALMON**

|                                |                                         |
|--------------------------------|-----------------------------------------|
| 2 cups canned or cooked salmon | $\frac{1}{2}$ teaspoon allspice berries |
| 1 cup vinegar                  | 8 peppercorns                           |
| 1 teaspoon whole cloves        | $\frac{1}{4}$ teaspoon salt             |

Rinse salmon thoroughly with hot water. Remove skin and bones. Combine other ingredients. Bring to boiling point, pour on fish, cover, and let stand 2 hours. Drain and separate into flakes. *Serves 6.*

**CREAMED SALT CODFISH**

Shred 1 cup fish, using two 3-tined forks, and soak several hours in lukewarm water, the time depending upon hardness and saltiness of fish. To freshen fish quickly, cover with cold water, heat to boiling point, and pour off water; repeat until fish tastes fresh. Drain, and add  $1\frac{1}{2}$  cups White Sauce (p. 222). Just before serving add 1 beaten egg. Garnish with slices of hard-cooked eggs. Serve with baked potatoes. *Serves 4.*

**FISH BALLS**

|                    |                     |
|--------------------|---------------------|
| 1 cup salt codfish | 1 egg, well beaten  |
| 2½ cups potatoes   | ½ tablespoon butter |
| ⅛ teaspoon pepper  |                     |

Wash fish in cold water and pick in very small pieces, or cut, using scissors. Wash, pare, and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are nearly soft. Drain thoroughly through strainer, return to kettle in which they were cooked. Shake over heat until thoroughly dry, mash thoroughly (being sure there are no lumps left in potato), add butter, egg, and pepper. Beat with fork 2 minutes. Add salt if necessary. Take up by spoonfuls, sauté in butter or fry 1 minute in deep fat (385° F.), allowing 6 fish balls for each frying; drain on brown paper. Reheat the fat after each frying. *Serves 6.*

**SALT CODFISH HASH**

Prepare as for Fish Balls, omitting egg. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

**TOASTED SALT FISH**

Shred salt codfish in long thin strips. If very salty, let stand for a short time in lukewarm water, then drain. Place on greased wire broiler and broil until brown on one side; turn and brown the other. Remove to platter and spread with butter.

**GLOUCESTER SALT CODFISH**

Cut boneless salt codfish in 2-inch pieces, cover with lukewarm water, and let stand 15 minutes. Drain, dry on a towel, and sauté in butter in a hot frying pan until delicately browned. Add rich milk or thin cream to cover fish about half and bring gradually to boiling point. Pour into hot serving dish.

**SPANISH CODFISH**

$\frac{2}{3}$  cup salt codfish, separated  
in small pieces

4 cold boiled potatoes, cut in  
slices

3 canned pimientos, cut in strips

1 cup Tomato Sauce (p. 230)

$\frac{1}{2}$  cup buttered cracker crumbs

Salt and pepper

Soak fish in lukewarm water until soft. Drain. Arrange alternate layers of potatoes and fish in buttered baking dish, sprinkling with pimiento and salt and pepper. Pour on sauce, cover with crumbs, and bake in moderate oven (350° F.) until crumbs are brown. *Serves 6.*

**CODFISH WITH FRIED SALT PORK**

Cut fat salt pork in  $\frac{1}{4}$ -inch slices, cut gashes  $\frac{1}{3}$  inch apart in slices nearly to rind. Try out in a hot frying pan until brown and crisp, occasionally pouring off fat from pan. Serve around strips of codfish which have been soaked in pan of lukewarm water and simmered over low heat until soft. Serve with Drawn Butter Sauce (p. 226), boiled potatoes, and beets.

**COD CHEEKS AND TONGUES**

If salted, soak overnight. Drain, cover with fresh water, and simmer 5 minutes. Drain. Sprinkle with salt and pepper, dip in milk, roll in flour, and sauté in butter until delicately brown. Pour over browned butter seasoned with lemon juice and sprinkle with chopped parsley.

**Scalloped.** Sauté 1 pound cheeks and tongues and place in baking dish. Pour over 1 cup White Sauce (p. 222) seasoned with lemon juice and spread with buttered crumbs. Bake until brown. *Serves 4.*

**KIPPERED HERRINGS**

Remove fish from can and arrange on an oven-proof platter; sprinkle with pepper, brush over with lemon juice and melted butter, and cover with the liquor left in can. Heat thoroughly and garnish with parsley and slices of lemon.

**BROILED FINNAN HADDIE**

Broil in a greased broiler until brown on both sides. Remove to pan and cover with hot water; let stand 10 minutes, drain, spread with butter, and sprinkle with pepper.

**BAKED FINNAN HADDIE**

Finnan Haddie is haddock, dried, smoked, and salted.

Put fish in dripping pan, surround with milk and water in equal proportions, and place over very low heat. Let stand 25 minutes; pour off liquid, spread with butter, and bake 25 minutes in moderate oven (350° F.).

**SAVORY FINNAN HADDIE**

|                                   |                                                  |
|-----------------------------------|--------------------------------------------------|
| $\frac{1}{2}$ pound finnan haddie | 2 eggs, slightly beaten                          |
| Milk                              | $1\frac{1}{2}$ cups small potato balls <i>or</i> |
| 2-inch cube fat salt pork         | cubes, cooked                                    |
| 2 tablespoons flour               | Salt and pepper                                  |

Soak finnan haddie in milk to cover, 1 hour. Cook until tender and separate into flakes. Cut salt pork into tiny cubes and try out. To 2 tablespoons of the pork fat add flour and stir until well blended. Pour on gradually 1 cup milk, while stirring constantly. Bring to boiling point, add finnan haddie, pork scraps, eggs, potatoes, salt, and pepper to taste. *Serves 4.*

**FINNAN HADDIE À LA DELMONICO**

|                                   |                        |
|-----------------------------------|------------------------|
| 1 cup finnan haddie, in strips    | 1 tablespoon butter    |
| $\frac{1}{2}$ cup heavy cream     | Cayenne                |
| 4 hard-cooked eggs, thinly sliced | Finely chopped parsley |

Cover fish with cold water, place over slow heat, and allow water to come to boiling point. Let stand on range for 25 minutes, keeping water below boiling point. Drain and rinse thoroughly. Separate fish into flakes, add cream and eggs. Season with cayenne, add butter, and sprinkle with parsley. *Serves 4.*

**EPICUREAN FINNAN HADDIE**

|                                                    |                                |
|----------------------------------------------------|--------------------------------|
| 1 pound finnan haddie                              | $\frac{1}{4}$ cup butter       |
| $\frac{1}{2}$ tablespoon finely chopped shallot    | 1 teaspoon salt                |
| 1 tablespoon finely chopped green pepper           | $\frac{1}{2}$ teaspoon paprika |
| $\frac{1}{2}$ tablespoon finely chopped red pepper | Few grains cayenne             |
|                                                    | 4 tablespoons flour            |
|                                                    | 1 cup cream                    |
|                                                    | 1 cup milk                     |

Soak finnan haddie in milk to cover, 1 hour. Bake in moderate oven 30 minutes and separate in flakes; there should be 2 cups.

Cook shallot and pepper in butter 5 minutes, stirring constantly. Add salt, paprika, and cayenne mixed with flour, and stir until well blended; then pour milk and cream on gradually, while stirring constantly. Bring to boiling point and add finnan haddie. Serve on squares of toast or turn into a buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown. *Serves 6.*

**With Mushrooms.** Add  $\frac{1}{4}$  pound mushrooms sautéed in butter. Omit peppers and add 1 pimiento, finely cut.

### FINNAN HADDIE, CALEDONIAN STYLE

2-pound piece of finnan haddie

Milk

Water

Thin White Sauce (p. 222)

3 potatoes, washed, pared, and  
cut in halves

Put finnan haddie in dripping pan, cover with milk and water in equal proportions, and let stand over very low heat or in very slow oven 25 minutes. Drain. Arrange fish on oven-proof platter, pour on sauce, and surround with halves of potatoes. Bake in moderate oven (350° F.) until potatoes are soft (about 40 minutes). *Serves 6.*

### FINNAN HADDIE RAREBIT

In double boiler, heat  $\frac{1}{2}$  pound old English cheese, cut small, with 1 cup heavy cream and 1 cup flaked finnan haddie. When well blended, stir in 1 beaten egg and serve on toast. *Serves 6.*

### CROMESQUIS À LA RUSSE

$\frac{1}{2}$  cup cooked finnan haddie,  
separated in small pieces

French Pancakes (p. 102)

$\frac{1}{2}$  cup Thick White Sauce (p. 222),  
made without salt

1 egg, slightly beaten

Cayenne

Add finnan haddie to sauce. Chill. Cut pancakes in pieces 2 by 4 inches. On lower halves of pieces put 1 tablespoon mixture. Brush edges with beaten egg, fold over upper halves, press edges firmly together. Crumb, fry, and drain (*see* p. 415). Use as first course or as fish course. *Makes 16.*



## CHAPTER 18

# *Shellfish*

### CLAMS

Clams are known as soft-shell clams and hard-shell clams, or quahogs. Clams are sold in the shell by quart or peck or dozen, out of the shell by the quart, and in cans. Small young quahogs in the shell are called Little Necks and are eaten raw.

### STEAMED CLAMS

Clams for steaming should be bought in the shell and should always be alive. Wash clams thoroughly, scrubbing with brush, changing water several times. If held tail uppermost under faucet, sand will be washed out. Put into large kettle, allowing  $\frac{1}{2}$  cup hot water to 4 quarts clams; cover closely and steam until shells partially open, care being taken that they are not overdone. Serve with individual dishes of melted butter. Some prefer a few drops of lemon juice or vinegar added to the butter. If a small quantity of boiling water is put into the dishes, the melted butter will float on top and remain hot much longer. Serve the liquor left in kettle in glasses with clams.

### ROASTED CLAMS

Roasted clams are served at clam bakes. Wash clams in sea water. Burn wood on stones, remove ashes, sprinkle stones with thin layer of seaweed. Pile clams on stones, cover with seaweed and a piece of canvas to retain steam.

### FRIED CLAMS

Clean and dry selected clams, dip in Batter (p. 424), fry in deep fat (375° F.), and drain on brown paper. Serve on small slices of Cream Toast (p. 163) seasoned with salt, celery salt, pepper, and cayenne.

**CLAMS, UNION LEAGUE**

$\frac{1}{2}$  teaspoon finely chopped shallot  
 4 tablespoons butter  
 2 tablespoons flour  
 18 clams in shell

$\frac{1}{2}$  cup white wine or water  
 $\frac{1}{4}$  cup cream  
 Chopped parsley  
 Bacon

Cook shallot in 2 tablespoons butter 5 minutes. Add clams and wine or water. Cover. Cook until shells open. Remove clams from shells and reduce liquor to  $\frac{1}{3}$  cupful. Melt 2 tablespoons butter, add flour, and pour on gradually the clam liquor; add cream and the clams, season with salt and pepper. Refill clam shells, sprinkle with chopped parsley, and serve on each a square piece of fried bacon. *Serves 6* (as first course).

**CLAM FRITTERS**

|                        |                           |
|------------------------|---------------------------|
| 1 pint clams           | $1\frac{1}{3}$ cups flour |
| 2 eggs                 | 2 teaspoons baking powder |
| $\frac{1}{3}$ cup milk | Salt and pepper           |

Clean clams, drain from their liquor, and chop. Beat eggs until light, add milk and flour mixed and sifted with baking powder, then add chopped clams, and season highly with salt and pepper. Heat deep kettle of fat to 375° F. or 380° F. or until hot enough to brown an inch cube of bread in 1 minute. Dip a spoon into the fat, then take up a spoonful of the fritter mixture, and carefully drop it into the fat, without spattering. Fritters should be cooked through and delicately brown on the outside in 3 to 5 minutes. Remove with skimmer and drain on crumpled soft paper. *Serves 6*.

**STUFFED CLAMS**

Cover bottom of dripping pan with rock salt. Arrange 2 quarts large-sized soft-shelled clams on salt, in such a manner that liquor will not run into pan as clam shells open. Set in hot oven. As soon as shells begin to open, remove clams from shells, and chop. Reserve liquor, and strain. Melt 2 tablespoons butter, add 3 tablespoons flour, stir until well blended and add  $\frac{1}{4}$  cup each of clam liquor and cream. Season highly with lemon juice and cayenne. Moisten clams with sauce, fill shells, sprinkle with grated cheese, cover with buttered, soft, stale bread crumbs, and bake in hot oven (425° F.) until crumbs are brown.

### FRICASSEE OF CLAMS

Clean 1 pint clams, chop hard portions finely, and reserve soft portions. Melt 2 tablespoons butter, add chopped clams, 2 tablespoons flour, and pour on gradually  $\frac{1}{2}$  cup cream. Strain sauce or not, add soft part of clams, cook 1 minute, season with salt and cayenne, and add 1 egg yolk slightly beaten.

**Clams à la Newburg.** Omit flour and use 3 egg yolks. Season with sherry or Madeira.

### CRABS AND CRAB MEAT

**Soft-Shell Crabs** are those which have just cast off their shells. Order cleaned ready for frying.

**Hard-Shell Crabs.** The meat of hard-shell crabs is in the claws and the inner top of the back. Some people like also the liver and the coral. Boil like lobsters (p. 278). Fresh crab meat is sold by the pound, in city markets. Use the day it is purchased, if possible.

Remove stiff tendons before using canned crab meat.

**To Clean a Crab.** Lift and fold back the tapering points which are found on each side of the back shell and remove spongy substance that lies under them. Turn crab on its back, and with a pointed knife remove the small piece at lower part of shell, which terminates in a point; this is called the apron.

**Oyster Crabs** are sold by the pound. They live in the oyster shell and are very small. They are eaten whole, shells and all.

### SAUTÉED CRABS À LA MEUNIÈRE

Clean crabs, sprinkle with salt, pepper, and lemon juice. Sauté in butter. Pour butter over crabs. Sprinkle with finely chopped parsley.

**Amandine.** Omit parsley. Sprinkle with sliced almonds, sautéed in butter until delicately browned.

### FRIED SOFT-SHELL CRABS

Clean crabs, sprinkle with salt and pepper, dip in flour, then in slightly beaten egg, and then in crumbs. Fry in deep fat (375° F.), and drain. Being light, they will rise to top of fat, and should be turned while frying. Serve with Tartare Sauce (p. 239).

## CREAMED CRAB MEAT

Heat 1 cup crab meat in 1 cup White Sauce, Cream Sauce, or Velouté Sauce (pp. 222, 226). Serve on toast or in patty cases.

*Serves 4.*

**With Mushrooms.** Add  $\frac{1}{2}$  cup sliced mushrooms. Cook 10 minutes over hot water. If desired, add 1 canned pimiento, cut in strips, and  $\frac{1}{2}$  cup grated Parmesan cheese (Crab Meat Urzini).

**Crab Meat au Gratin.** Put in baking dish or ramekins, cover with  $\frac{1}{3}$  cup buttered crumbs, and bake until crumbs are a delicate brown. If desired, mix  $\frac{1}{4}$  cup grated cheese with crumbs.

**À la King.** Add  $\frac{1}{2}$  tablespoon finely chopped red and green pepper and  $\frac{1}{2}$  cup sliced mushrooms. Season to taste with sherry, if liked.

**De Luxe.** Season sauce with dash of Worcestershire. Use  $\frac{1}{2}$  cup crab meat and add  $\frac{1}{2}$  cup, each, sliced mushrooms and blanched shredded or whole almonds and 1 hard-cooked egg, chopped.

## CRAB CAKES

|                            |                                  |
|----------------------------|----------------------------------|
| 2 tablespoons butter       | 1 egg, well beaten               |
| 2 tablespoons minced onion | 1 teaspoon dry mustard <i>or</i> |
| 1 cup soft bread crumbs    | prepared mustard to taste        |
| 1 pound crab meat          | Salt, paprika                    |

Melt butter, add onion, and cook until yellow. Add other ingredients. If mixture seems dry, add a little milk. Shape in flat cakes, sprinkle with flour, and brown quickly in butter. Reduce heat and cook slowly 5 minutes. One or 2 tablespoons chopped parsley may be added to mixture. *Serves 4.*

## DEVEILED CRABS I

|                                     |                                   |
|-------------------------------------|-----------------------------------|
| $\frac{1}{4}$ teaspoon dry mustard  | 1 tablespoon cream                |
| Salt, cayenne                       | 1 tablespoon butter               |
| 1 teaspoon Worcestershire           | 1 cup crab meat                   |
| <i>or</i> A1 sauce                  | $\frac{1}{4}$ cup stuffed olives, |
| $\frac{1}{2}$ cup hot water         | chopped                           |
| $\frac{1}{2}$ cup soft bread crumbs | Buttered crumbs                   |

Combine first 7 ingredients and simmer 5 minutes. Add crab meat and olives. Fill ramekins or scallop shells. Cover with buttered crumbs and bake until brown. *Serves 6.*

**DEVILED CRABS II**

Season cooked crab meat highly to taste with salt, pepper, cayenne and lemon juice, Worcestershire and grated onion. Mix with mayonnaise and fill ramekins or scallop shells. Cover with buttered crumbs and bake in moderate oven (350° F.) until delicately brown. Serve hot or cold.

**CRAB MEAT INDIENNE**

|                                 |                                       |
|---------------------------------|---------------------------------------|
| 2 tablespoons butter            | $\frac{2}{3}$ tablespoon curry powder |
| 1 teaspoon finely chopped onion | 1 cup Chicken Stock (p. 184)          |
| 3 tablespoons flour             | 1 cup crab meat                       |
| Salt                            |                                       |

Cook butter with onion for 3 minutes, add flour mixed with curry powder and stock. Bring to boiling point, add crab meat, and season with salt. *Serves 4 to 6.*

**CRAB MEAT MORNAV**

|                                       |                                          |
|---------------------------------------|------------------------------------------|
| 4 tablespoons butter                  | $\frac{3}{4}$ cup Chicken Stock (p. 184) |
| 3 tablespoons flour                   | $\frac{3}{4}$ cup milk                   |
| $2\frac{1}{2}$ tablespoons cornstarch | 2 egg yolks                              |
| $\frac{3}{4}$ teaspoon salt           | $1\frac{1}{4}$ cups crab meat            |
| $\frac{1}{2}$ cup grated cheese       |                                          |

Melt butter, add flour, cornstarch, and salt, stir until well blended. Pour stock on gradually, while stirring constantly. Bring to boiling point and boil 3 minutes. Add milk gradually, again bring to boiling point, and add egg yolks. Butter ramekin dishes, put in thin layer of crab meat, cover meat with sauce, sprinkle with cheese. Cook in broiling oven to melt cheese and brown. *Serves 6.*

**FRIED OYSTER CRABS**

Wash and drain crabs. Roll in flour and shake in sieve to remove superfluous flour. Fry in a basket in deep fat (395° F.). Drain, garnish with parsley and slices of lemon. Serve with Sauce Tyrolienne (p. 238).



**CRAB MEAT, TERRAPIN STYLE**

|                                          |                               |
|------------------------------------------|-------------------------------|
| 1 cup crab meat                          | 2 tablespoons sherry          |
| 2 tablespoons butter                     | $\frac{1}{3}$ cup heavy cream |
| $\frac{1}{2}$ small onion, thinly sliced | 2 egg yolks                   |
| Salt and cayenne                         |                               |

Cook butter and onion until yellow; remove onion, add crab meat and sherry. Cook 3 minutes, add cream, and egg yolks, and season. *Serves 2 to 4.*

**CREAMED OYSTER CRABS**

Cook a few at a time, in small amount of boiling water, with 1 sprig of parsley, bit of butter, 1 clove, bit of bay leaf, 1 teaspoon vinegar, and  $\frac{1}{2}$  teaspoon salt. When they whiten, remove and serve in Savory Cream Sauce (p. 222).

**OYSTER CRABS IN FRESH BUTTER**

Sauté 1 cup oyster crabs in 1 tablespoon unsalted butter 5 or 6 minutes. Serve as a fish course in a formal dinner with tiny boiled potato balls and sliced tomatoes with French Dressing and chopped parsley, or with cucumber sandwiches made with brown bread.

**OYSTER CRABS À LA NEWBURG**

|                          |                               |
|--------------------------|-------------------------------|
| 1 cup oyster crabs       | Salt                          |
| 1 cup mushroom caps      | Cayenne                       |
| $\frac{1}{3}$ cup sherry | Nutmeg                        |
| $\frac{1}{4}$ cup butter | $\frac{3}{4}$ cup heavy cream |
| 1 tablespoon flour       | 2 egg yolks, slightly beaten  |
| 1 tablespoon brandy      |                               |

Peel mushroom caps and break in pieces. Add oyster crabs and wine, cover, and let stand 1 hour. Melt butter, add first mixture, and cook 8 minutes. Add flour. Cook 2 minutes. Season. Add cream. Just before serving, add egg yolks and brandy. *Serves 6.*

## LOBSTER

**To Select Lobsters.** Lobsters are largest and most abundant from June to September but are obtainable throughout the year. Buy green or boiled. In selecting a boiled lobster, see that it is heavy in proportion to its size. Straighten the tail and if it springs back into place, the lobster was alive (as it should have been) when put into the pot for boiling. There is a greater shrinkage in lobster than in any other fish. *Allow 1 small or  $\frac{1}{2}$  large lobster per person.*

**To Boil Lobsters.** Have ready a large kettle containing vigorously boiling water. Add  $\frac{1}{3}$  cup rock salt for each quart of water. Put in live lobsters, tail end down, one at a time, having the water come to the boiling point after adding each. Lobsters should be entirely covered by water. Cover and boil 20 minutes. Place on backs to cool.

**To Open Lobsters and Remove Meat.** Take off large claws and small claws. Separate tail from body. Tail meat may sometimes be drawn out whole with a fork; more often it is necessary to cut the thin shell portion (using scissors or a can opener) in under part of the tail; then the tail meat may always be removed whole. Separate tail meat through center and remove the small intestinal vein which runs its entire length; although generally darker than the meat, it is sometimes found of the same color. Hold body shell firmly in left hand, and with first two fingers and thumb of right hand draw out the body, leaving in shell the stomach (known as the *lady*), which is not edible, and also some of the green part, the *liver*. The liver may be removed by shaking the shell. The *coral*, a red spongy substance sometimes found in female lobsters, is edible and highly prized for its brilliant color. The sides of the body are covered with the lungs; these are always discarded. Break body through the middle and separate body bones, picking out meat that lies between them, which is some of the sweetest and tenderest to be found. Separate large claws at joints. If shells are thin, with a knife cut off a strip down the sharp edge, so that shell may be broken apart and meat removed whole. Where shell is thick, it must be broken with a mallet or hammer. Small claws are used for garnishing. The shell of body, tail, and lower part of large claws, if not broken, may be washed, dried, and used for serving of lobster

meat after it has been prepared. The portions of lobsters which are not edible are *lungs*, *stomach (lady)*, and *intestinal vein*. Lobster meat may be purchased in cans.

**To Serve Boiled Lobster.** Remove lobster meat from boiled lobsters, arrange on platter, and garnish with small claws. If two lobsters are opened, stand tail shells (put together) in center of platter, and arrange meat around them. Serve hot with melted butter or cold with Mayonnaise (p. 468).

### BROILED LIVE LOBSTER

Split a live lobster and place in broiler. Sprinkle with olive oil or melted butter. Broil 8 minutes on flesh side, turn and broil 6 minutes on shell side. Serve with melted butter. Lobsters taste nearly the same when placed in dripping pan and baked 15 minutes in hot oven (450° F.) and are much more easily cooked. *Allow 1 small or 1/2 large lobster to each person.*

**To Split a Live Lobster.** Live lobsters may be dressed for broiling at market, or may be split at home. Place on back, cross large claws and hold firmly with left hand. With sharp-pointed knife, held in right hand, begin at the mouth and make a deep incision and, with a sharp cut, draw the knife quickly through body and entire length of tail. Open lobster, remove intestinal vein, liver, and stomach, and crack claw shells with a mallet.

### BAKED LIVE LOBSTER

Split a live lobster and place in dripping pan. Cook liver of lobster with 1 tablespoon butter 3 minutes. Season highly with salt, cayenne, and Worcestershire sauce. Spread over lobster and bake 15 minutes in hot oven (450° F.). *Allow 1 small or 1/2 large lobster per person.*

### LIVE LOBSTER EN BROCHETTE

Split a live lobster, remove meat from tail and large claws, cut in pieces, and arrange on skewers, alternating pieces with small slices of bacon. Fry in deep fat and drain. Cook liver of lobster with 1 tablespoon butter 3 minutes, season highly with mustard and cayenne, and serve with lobster. *Allow 1 small or 1/2 large lobster per person.*

**PLANKED LIVE LOBSTER**

|                               |                                     |
|-------------------------------|-------------------------------------|
| Live lobster                  | Sliced tomatoes, peeled and chilled |
| Olive oil or melted butter    | Sliced cucumbers                    |
| Julienne potatoes             | Parsley                             |
| Salt, pepper, and lemon juice |                                     |

Prepare lobster as for Baked Live Lobster (p. 279), brushing with oil or butter. Bake 15 minutes in hot oven (450° F.). Remove to plank, garnish with potatoes, tomatoes, cucumbers, and parsley. Over lobster pour melted butter seasoned with salt, pepper, and lemon juice. *Allow 1 small or 1/2 large lobster per person.*

**With Oysters.** After cooking 12 minutes, arrange 1 cup oysters (cleaned) over tail and body meat of lobster. Sprinkle with salt and pepper and dot over generously with butter. Bake in hot oven (450° F.) until oysters are plump and edges curl.

**LOBSTER À L'AMÉRICAIN**

Split a live lobster, put in large omelet pan, sprinkle with 1/4 onion, finely chopped, and a few grains cayenne. Cook 5 minutes. Add 1/2 cup Tomato Sauce (p. 230) and cook 3 minutes. Add 2 tablespoons sherry, cover, and cook in moderate oven (350° F.) 7 minutes. Remove lobster, put liver in pan, add 1 tablespoon sherry, 2 tablespoons sauce, and 1/2 tablespoon melted butter, heat and strain over lobster. *Serves 2.*

**BUTTERED LOBSTER**

|                         |                 |
|-------------------------|-----------------|
| 2-pound lobster, cooked | Salt and pepper |
| 3 tablespoons butter    | Lemon juice     |

Remove cooked lobster meat from shell and chop slightly. Melt butter, add lobster, and, when heated, season and serve garnished with lobster claws. *Serves 3 or 4.*

**FRIED LOBSTER**

Remove cooked lobster meat from shell. Use tail meat, divided in fourths, and large pieces of claw meat. Sprinkle with salt, pepper, and lemon juice; dip in crumbs, egg, and again in crumbs; fry in deep fat (385° F.), drain, and serve with Tartare Sauce (p. 239).

**LOBSTER À LA MUISSET**

|                                     |                                    |
|-------------------------------------|------------------------------------|
| 2 live lobsters (1½ pounds each)    | 1 teaspoon salt                    |
| 1 tablespoon finely chopped shallot | 1⅓ cups Brown Stock (p. 178)       |
| 3 tablespoons chopped carrot        | ⅔ cup stewed and strained tomatoes |
| 6 tablespoons butter                | 3 tablespoons cooking sherry       |
| 2 sprigs thyme                      | Finely chopped chives              |
| ½ bay leaf                          |                                    |
| 2 red peppers from pepper sauce     |                                    |

Cut lobsters in pieces for serving, remove intestinal vein and lady, and crack large claws. Cook shallot and carrot in 2 tablespoons butter 10 minutes, stirring constantly that carrots may not burn. Add thyme, bay leaf, peppers, salt, stock, tomatoes, and sherry. Add lobster. Cook 15 minutes. Remove lobster to serving dish. Thicken sauce with flour and remaining butter cooked together. Pour sauce over lobster and sprinkle with finely chopped chives.

*Serves 4.*

**FRICASSEE OF LOBSTER AND MUSHROOMS**

|                         |              |
|-------------------------|--------------|
| 2-pound lobster, cooked | ¼ cup flour  |
| ¼ cup butter            | 1½ cups milk |
| ¾ pound mushrooms       | Salt         |
| Few drops onion juice   | Paprika      |
| 2 tablespoons sherry    |              |

Remove lobster meat from shell and cut in strips. Cook butter with mushrooms broken in pieces and onion juice 3 minutes; add flour and pour milk on gradually. Add lobster meat, season with sherry, salt, and paprika. *Serves 6.*

**LOBSTER À LA NEWBURG**

|                                  |                              |
|----------------------------------|------------------------------|
| 2-pound lobster, boiled          | 1 tablespoon brandy          |
| ¼ cup melted butter              | ⅓ cup cream                  |
| 1 tablespoon sherry              | 2 egg yolks, slightly beaten |
| Salt, cayenne, and grated nutmeg |                              |

Slice lobster meat, cook in butter 3 minutes. Add liquors, cook 1 minute, add cream. Season and add egg yolks. Stir until thickened. Serve with toast or Puff Paste points. *Serves 4.*

**À la Delmonico.** Sprinkle lobster and butter with ¾ tablespoon flour. Use 1 cup cream.



**CREAMED LOBSTER**

Heat diced cooked lobster in Cream Sauce (p. 222) or heavy cream. Season to taste with salt, cayenne, and lemon juice. Add sherry, if desired.

**With Pimiento.** Add strips of canned pimiento.

**CREAMED LOBSTER WITH TOMATO**

|                                         |                               |
|-----------------------------------------|-------------------------------|
| 2 tablespoons butter                    | Few grains soda               |
| 1 tablespoon chopped onion              | Salt                          |
| $\frac{2}{3}$ cup hot, boiled rice      | Celery salt                   |
| $1\frac{1}{4}$ cups lobster dice        | Cayenne                       |
| $\frac{1}{4}$ cup Tomato Sauce (p. 230) | $\frac{1}{2}$ cup heavy cream |

Cook butter with onion 5 minutes, stirring constantly. Add lobster, rice, and cream. When heated, add Tomato Sauce (to which soda has been added) and season highly with salt, celery salt, and cayenne. *Serves 6.*

**CREAMED LOBSTER AND OYSTERS**

|                                |                                     |
|--------------------------------|-------------------------------------|
| 1 pint oysters                 | $\frac{1}{4}$ cup butter            |
| 2 cups lobster meat            | $\frac{1}{3}$ cup flour             |
| $1\frac{1}{2}$ cups cold water | $\frac{3}{4}$ cup cream             |
| 1 stalk celery                 | $\frac{1}{2}$ teaspoon beef extract |
| 1 slice onion                  | Worcestershire sauce                |
| Salt and paprika               | Lemon juice                         |

Clean and parboil oysters; drain and add to liquor body bones and tough claw meat from lobster, with water, celery, and onion. Cook slowly until stock is reduced to 1 cup, and strain. Make sauce of butter, flour, strained stock, and cream. Add oysters and lobster meat, diced or cut in strips; then add seasonings. If desired, omit beef extract, Worcestershire, and lemon juice, and add  $1\frac{1}{2}$  tablespoons sauterne. *Serves 8 or more.*

**SCALLOPED LOBSTER**

|                                          |                             |
|------------------------------------------|-----------------------------|
| 3 small lobsters <i>or</i>               | $\frac{1}{2}$ teaspoon salt |
| 2-pound lobster, cooked                  | Few grains cayenne          |
| $1\frac{1}{2}$ cups White Sauce (p. 222) | 2 teaspoons lemon juice     |

Split lobster, remove lobster meat, and cut in cubes. Heat in White Sauce and add seasonings. Refill lobster shells, cover with buttered

crumbs, and bake until crumbs are brown. To prevent lobster shells from curling over lobster while baking, insert wooden skewers of sufficient length to keep shell in its original shape. To assist in preserving color of shell, brush over with olive oil before putting into oven. Scalloped lobster may be baked in buttered scallop shells or in a buttered baking dish. *Serves 6.*

**Deviled Lobster.** Use larger proportions of same seasonings. Add mustard to taste.

**Curried Lobster.** When making White Sauce, add to flour  $\frac{1}{2}$  teaspoon curry powder, and a few drops onion juice. Season to taste.



*Lobster Thermidor*

**Lobster Thermidor.** Season sauce highly with grated Parmesan cheese and white wine. Sprinkle with cheese and bake until cheese melts in hot oven (450° F.). If desired, add to ingredients 3 sliced mushrooms, sautéed, 1 tablespoon chopped green pepper, and a pinch of dry mustard or prepared mustard to taste.

**STUFFED LOBSTER À LA BÉCHAMEL**

|                         |                              |
|-------------------------|------------------------------|
| 2-pound lobster, cooked | ½ teaspoon salt              |
| 1½ cups milk            | Few grains cayenne           |
| Bit of bay leaf         | Slight grating nutmeg        |
| 3 tablespoons butter    | 1 teaspoon chopped parsley   |
| 3 tablespoons flour     | 2 egg yolks, slightly beaten |
| 1 teaspoon lemon juice  | ½ cup buttered crumbs        |

Remove lobster meat from shell and cut in dice. Scald milk with bay leaf, remove bay leaf, and make white sauce of butter, flour, and milk; add salt, cayenne, nutmeg, parsley, egg yolks, and lemon juice. Add lobster dice, fill shells, cover with buttered crumbs, and bake in hot oven (450° F.) until crumbs are brown. Half chicken stock and half cream may be used for sauce, if a richer dish is desired. *Serves 6.*

**LOBSTER FARCI**

|                                   |                       |
|-----------------------------------|-----------------------|
| 1 cup chopped cooked lobster meat | Slight grating nutmeg |
| Yolks 2 hard-cooked eggs          | ½ cup buttered crumbs |
| ½ tablespoon chopped parsley      | Salt                  |
| 1 cup Thin White Sauce (p. 222)   | Pepper                |

To lobster meat add egg yolks rubbed to paste, parsley, sauce, and seasonings to taste. Fill lobster shells, cover with buttered crumbs, and bake until crumbs are brown. *Serves 4.*

**LOBSTER CROQUETTES**

|                             |                                  |
|-----------------------------|----------------------------------|
| 2 cups chopped lobster meat | Few grains cayenne               |
| ½ teaspoon salt             | 1 teaspoon lemon juice           |
| ¼ teaspoon mustard          | 1 cup Thick White Sauce (p. 222) |

Add seasonings to lobster, then add sauce. Chill, shape, crumb, fry in deep fat, and drain (*see* p. 415). Serve with Tomato Cream Sauce (p. 231), or Tartare Sauce (p. 239). *Makes 12 or more.* To vary seasoning, omit mustard and add few gratings nutmeg and 1 teaspoon finely chopped parsley.

**Lobster Cutlets.** Add 1 egg yolk to mixture. Shape in form of cutlets. After frying, make a cut at small end of each cutlet and insert in each the tip end of a small claw. Arrange around a mound of parsley.

## SPANISH LOBSTER IN CASSEROLES

|                                 |                                   |
|---------------------------------|-----------------------------------|
| 2-pound lobster, cooked         | $\frac{1}{2}$ cup heavy cream     |
| 2 $\frac{1}{2}$ cups cold water | 2 egg yolks, slightly beaten      |
| 1 slice carrot                  | 1 tablespoon lemon juice          |
| 1 slice onion                   | $\frac{1}{2}$ teaspoon salt       |
| Sprig parsley                   | $\frac{1}{4}$ teaspoon paprika    |
| 1 stalk celery                  | $\frac{1}{8}$ teaspoon pepper     |
| 4 tablespoons butter            | $\frac{1}{2}$ cup hot boiled rice |
| 4 tablespoons flour             | 6 slices Broiled Tomato (p. 459)  |

Cut lobster meat in small pieces. Put bones and small claws in pan; add water, carrot, onion, parsley, and celery. Bring to boiling point and cook until reduced to 1 $\frac{1}{2}$  cups. Strain and pour gradually on butter and flour cooked together. Bring to boiling point, add cream, egg yolks, and lobster. Season with lemon juice, salt, paprika, and pepper. Put 1 tablespoon rice in each buttered individual casserole. Fill with lobster mixture and on top place tomato slice, brushed over with melted butter and seasoned with salt and pepper. *Serves 6.*

## LOBSTER TIMBALES I

|                                            |                                  |
|--------------------------------------------|----------------------------------|
| 2-pound lobster, boiled                    | Anchovy paste                    |
| $\frac{1}{2}$ cup soft, stale bread crumbs | $\frac{1}{2}$ teaspoon salt      |
| $\frac{1}{2}$ cup milk                     | Few grains cayenne               |
| $\frac{1}{4}$ cup cream                    | 3 egg whites, beaten until stiff |

Remove lobster meat from shell and chop fine. Cook bread and milk 10 minutes. Add cream, seasonings, egg whites, and lobster meat. Bake (*see* Egg Timbales, p. 129). Serve with Lobster Sauce (p. 224). Sprinkle with coral rubbed through sieve. Garnish with parsley and pieces of lobster shell from tail. *Fills 10 or more molds.*

## LOBSTER TIMBALES II

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1 cup chopped cooked lobster meat | Few drops onion juice                 |
| 1 tablespoon butter               | 2 egg yolks                           |
| 1 tablespoon flour                | $\frac{1}{2}$ cup milk                |
| 1 teaspoon salt                   | $\frac{1}{3}$ cup cream, beaten stiff |
| $\frac{1}{8}$ teaspoon paprika    | 1 egg white, beaten stiff             |

Cook lobster meat with butter 5 minutes. Add flour, seasonings, egg yolks, milk, cream, and egg white. Bake (*see* Egg Timbales, p. 129). Serve with Lobster Sauce (p. 224). *Fills 6 or more molds.*

**LOBSTER MOUSSE I**

|                                      |                         |
|--------------------------------------|-------------------------|
| 2-pound live lobster                 | 2 eggs, slightly beaten |
| $\frac{1}{4}$ cup stale bread crumbs | Cooking sherry          |
| $\frac{1}{2}$ cup cream              | Salt and pepper         |

Split lobster, remove intestinal vein, liver, and stomach. Crack claw shells with mallet, then remove all meat, scraping as close to shell as possible to obtain the color desired. Force meat through sieve, add bread crumbs, cream, eggs, salt, pepper, and cooking sherry to taste. Fill 8 or more small timbale molds  $\frac{2}{3}$  full, place in heavy frying pan, and pour in boiling water to  $\frac{2}{3}$  depth of molds. Place buttered paper over molds. Bake (*see* Egg Timbales, p. 129) or cook on stove until firm, keeping water below boiling point. Remove from molds and serve with Hot Mayonnaise (p. 233).

**LOBSTER MOUSSE II**

|                                                              |                          |
|--------------------------------------------------------------|--------------------------|
| 2 live lobsters, 2 pounds each                               | 4 egg whites             |
| $\frac{1}{2}$ -pound lemon sole <i>or</i><br>flounder fillet | $\frac{1}{2}$ cup sherry |
|                                                              | 3 cups heavy cream       |
| Salt, cayenne                                                |                          |

Boil lobster 5 minutes, split, remove meat, cut small or put through chopper, pound in mortar (double-boiler top and wooden potato masher will do) with fish until smooth. Force through sieve. Set in bowl of ice, add egg whites, sherry, and salt and cayenne to taste. Stir with wooden spoon until mixture begins to thicken. Add cream slowly and stir until almost thick enough to hold its shape. Let stand 1 hour. Decorate mold as desired — with aspic, bits of claw meat, hard-cooked egg, truffles, etc. Stir lobster mixture well, pour into mold, set in pan of hot water, and bake 20 minutes in moderate oven (350° F.) or until firm. Serve with Lobster or Normandy Sauce (p. 227) or Sherry Hollandaise (p. 233). *Serves* 8.

**OYSTERS**

Oysters are obtainable all the year, but are in season from September to May. During the summer months they are flabby and of poor flavor, although when fresh they are perfectly wholesome. Quick-frozen oysters are available throughout the year. *Mussels*, eaten in England and other parts of Europe, are similar to oysters, though of inferior quality.



**To Open Oysters.** Put a thin flat knife under the back end of the right valve and push forward until it cuts the strong muscle which holds the shells together. As soon as this is done, the right valve may be raised and separated from the left.

**To Clean Oysters.** Put oysters in a strainer placed over a bowl. Pour cold water over oysters, allowing  $\frac{1}{2}$  cup water to each quart oysters. This is to loosen bits of shell. Carefully pick over oysters, taking each one separately in the fingers, to remove any particles of shell which adhere to tough muscle. Water used in cleaning may be used in place of or with oyster liquor.

**To Parboil Oysters.** Put cleaned oysters in saucepan with water and liquor drained from them. Heat and cook only until oysters are plump and edges begin to curl. Drain and add water, if necessary, to make up amount of oyster liquor called for in recipe. Strain through cheesecloth to remove scum.

**Oyster Stew** (p. 202).

### BROILED or SAUTÉED OYSTERS

1 pint selected oysters       $\frac{1}{4}$  cup melted butter  
 $\frac{2}{3}$  cup seasoned cracker crumbs

Clean oysters and dry between towels. Lift with silver fork by the tough muscle and dip in butter, then in cracker crumbs which have been seasoned with salt and pepper. Place in buttered wire broiler and broil until juices flow, turning while broiling. Or, put 2 tablespoons butter in hot frying pan, add oysters, brown on one side, then turn and brown on the other. Serve with Maître d'Hôtel Butter (p. 235), if desired. *Serves 4.*

### FRIED OYSTERS

Clean selected oysters and dry between towels. Dip in Batter (p. 424) or season with salt and pepper, dip in flour, egg, and cracker or dry bread crumbs, and fry in deep fat (375° F.). Drain on brown paper. Garnish with lemon and parsley. If desired, serve with Sauce Tyrolienne (p. 238) and Philadelphia Relish (p. 216).

### OYSTERS WITH BACON

Clean oysters, wrap a thin slice of bacon around each, and fasten with small wooden skewers. Put in broiler, place broiler over dripping pan, and bake in hot oven until bacon is crisp and brown, turning once during cooking. Drain on brown paper.

### OVEN-FRIED OYSTERS

Dip clean, selected oysters in 1 cup flour mixed with 1 teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Dip in 1 egg, slightly beaten, and then roll in bread crumbs. Dip in olive oil and arrange in shallow baking dish. Bake in moderately hot oven (400° F.) for 15 minutes.

### FANCY ROAST

Clean 1 pint oysters and drain from their liquor. Cook in chafing dish or omelet pan until oysters are plump and edges begin to curl. Shake pan to prevent oysters from adhering to pan, or stir with fork. Season with salt, pepper, and 2 tablespoons butter, and pour over small slices of toast. Garnish with toast points and parsley. *Serves 4.*

### PANNED OYSTERS

Clean 1 pint large oysters. Place in dripping pan small oblong pieces of toast, put an oyster on each piece, sprinkle with salt and pepper, and bake until oysters are plump. Serve with Lemon Butter (p. 235). *Serves 4.*

### ROASTED OYSTERS

Oysters for roasting should be bought in the shell. Wash thoroughly, scrubbing with a brush. Put in dripping pan, deep side of shell down, and cook in hot oven, until shells part. Open, sprinkle with salt and pepper, and serve in deep halves of the shells.

### OYSTERS, CASINO

Open oysters carefully to retain juice. Remove upper shell, leaving oysters in deeper half. Sprinkle each with few drops of lemon juice and a bit of finely minced green pepper. Season with salt and pepper and on each put a half-inch square of bacon or

3 small bits. Set in pan of coarse salt and bake in hot oven (450° F.) or under broiler until bacon crisps.

**Oysters Rockefeller.** Chop 1 cup cut green spinach, 2 bunches green onions, 2 small bunches celery, 1 head lettuce, 1 bunch parsley and add to 1 pound butter, well creamed. Add  $\frac{1}{2}$  cup bread crumbs, 1 tablespoon Worcestershire, 1 teaspoon Anchovy Sauce, salt, pepper, few drops Tabasco, and 2 tablespoons absinthe or anisette. Mix well. Spread over oysters as above, sprinkle with grated Parmesan cheese and fine bread crumbs. Bake in hot oven (400° F.) about 15 minutes. Serve hot. *Serves 6* (6 oysters each).

### OYSTER FRICASSEE

|                      |                                    |
|----------------------|------------------------------------|
| 1 pint oysters       | $\frac{1}{4}$ teaspoon salt        |
| Milk or cream        | Few grains cayenne                 |
| 2 tablespoons butter | 1 teaspoon parsley, finely chopped |
| 2 tablespoons flour  | 1 egg, slightly beaten             |

Parboil oysters (p. 287) and add enough cream to liquor to make a cupful. Melt butter, add flour, and pour on gradually hot liquid; stir until thickened and add salt, cayenne, parsley, oysters, and egg. If preferred, double amount of flour and omit egg. *Serves 4.*

**Savory Oysters.** Brown butter in making sauce. Season with  $1\frac{1}{2}$  teaspoons lemon juice,  $1\frac{1}{2}$  teaspoons vinegar,  $\frac{1}{2}$  teaspoon beef extract, and 1 teaspoon Worcestershire sauce, or with Anchovy Sauce to taste.

### CREAMED OYSTERS

|                |                                          |
|----------------|------------------------------------------|
| 1 pint oysters | $1\frac{1}{2}$ cups White Sauce (p. 222) |
|                | $\frac{1}{2}$ teaspoon celery salt       |

Parboil oysters (p. 287), drain, and add to White Sauce seasoned with celery salt. Serve on toast, in timbale cases, patty shells, or vol-au-vents. Add  $\frac{1}{4}$  cup sliced mushrooms, if desired. Oyster liquor may replace an equal amount of milk, in making sauce. *Serves 6.*

**Oyster Loaf.** Slice off top of small loaf of bread. Cut out center, leaving hollow box. Brush inside and out with melted butter. Fill with creamed oysters, put on top, and bake in moderately hot oven (375° F.) 15 or 20 minutes.

## OYSTERS À LA D'UXELLES

|                                 |                                    |
|---------------------------------|------------------------------------|
| 1 pint oysters                  | $\frac{1}{2}$ teaspoon lemon juice |
| 2 tablespoons chopped mushrooms | Few grains cayenne                 |
| 2 tablespoons butter            | 1 egg yolk                         |
| $\frac{1}{2}$ teaspoon salt     | 2 tablespoons flour                |

Parboil oysters (p. 287). Reserve liquor and strain. Add water to make  $\frac{3}{4}$  cup. Cook butter and mushrooms 5 minutes, add flour and oyster liquor gradually; cook 3 minutes. Add seasonings, oysters, and egg yolk. Serve on thin toast. *Serves 4.*

## OYSTERS À LA THORNDIKE

|                             |                              |
|-----------------------------|------------------------------|
| 1 pint oysters              | Few grains cayenne           |
| 2 tablespoons butter        | Slight grating nutmeg        |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ cup thin cream |
| 2 egg yolks                 |                              |

Clean and drain oysters. Melt butter, add oysters, and cook until oysters are plump. Add seasonings, cream, and egg yolks. Cook until sauce is slightly thickened, stirring constantly. Serve on toast. *Serves 4.*

## OYSTER AND TRIPE RAGOÛT

|                                                                 |                                               |
|-----------------------------------------------------------------|-----------------------------------------------|
| 1 cup tripe, parboiled and cut<br>in $\frac{3}{4}$ -inch pieces | 4 tablespoons flour                           |
| 1 cup small boiled onions                                       | $1\frac{1}{2}$ cups thin cream or top<br>milk |
| 2 cups oysters                                                  | 2 egg yolks, slightly beaten                  |
| 3 tablespoons butter                                            | Salt, pepper, paprika                         |

Make White Sauce of butter, flour, and milk. Add tripe, onions, and oysters. Heat thoroughly, add egg yolks, and season to taste. Serve on toast. *Serves 6 to 8.*

## NORFOLK OYSTERS

|                                     |        |
|-------------------------------------|--------|
| $1\frac{1}{2}$ cups hot boiled rice | Butter |
| 1 pint oysters                      | Salt   |
| 1 cup Thin White Sauce (p. 222)     | Pepper |
| 1 cup buttered cracker crumbs       |        |

Cover bottom of buttered baking dish with half the rice, cover rice with half the oysters, pour over half the sauce, dot with butter, and sprinkle with salt and pepper; repeat, using remaining ingredients. Cover with crumbs and bake in hot oven (450° F.) 30 minutes. *Serves 4 to 6.*

### DEVEILED OYSTERS ON HALF SHELLS

|                             |                                               |
|-----------------------------|-----------------------------------------------|
| 1 pint oysters              | $\frac{1}{8}$ teaspoon nutmeg                 |
| 1 tablespoon butter         | Few grains cayenne                            |
| 3 shallots, finely chopped  | $\frac{1}{2}$ teaspoon prepared mustard       |
| 2 tablespoons flour         | $\frac{1}{2}$ tablespoon Worcestershire sauce |
| $\frac{1}{2}$ cup milk      | 3 chopped mushroom caps                       |
| $\frac{1}{4}$ cup cream     | $\frac{1}{2}$ teaspoon chopped parsley        |
| $\frac{1}{2}$ teaspoon salt | 1 egg yolk                                    |
|                             | Buttered cracker crumbs                       |

Wash and chop oysters. Cook shallots in butter 3 minutes, add flour, and stir until well blended; then add milk and cream. Bring to boiling point, add oysters and remaining ingredients, except egg yolk and crumbs, and simmer 12 minutes. Add egg yolk, put mixture in deep halves of oyster shells, cover with buttered crumbs, and bake 15 minutes. These may be served as a first course. *Serves 6.*

### OYSTERS AND MACARONI

|                                              |                                   |
|----------------------------------------------|-----------------------------------|
| 1 pint oysters                               | Flour                             |
| $1\frac{1}{2}$ cups boiled macaroni (p. 114) | $\frac{1}{2}$ cup buttered crumbs |
| Salt and pepper                              | $\frac{1}{4}$ cup butter          |

Put a layer of macaroni in bottom of a buttered baking dish, cover with oysters, sprinkle with salt and pepper, dredge with flour, dot over with half the butter; repeat and cover with buttered crumbs. Bake 20 minutes in hot oven (450° F.). *Serves 4 to 6.*

### SCALLOPED OYSTERS

|                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 pint oysters                       | 1 cup cracker crumbs            |
| 4 tablespoons oyster liquor          | $\frac{1}{2}$ cup melted butter |
| 2 tablespoons milk or cream          | Salt                            |
| $\frac{1}{2}$ cup stale bread crumbs | Pepper                          |

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of shallow, buttered baking dish, cover with oysters, and sprinkle with salt and pepper; add half, each, oyster liquor and milk or cream. Repeat and cover top with remaining crumbs. Bake 30 minutes in hot oven (450° F.). Never allow more than 2 layers of oysters for Scalloped Oysters; if 3 layers are used, the middle layer will be underdone, while others are properly cooked. If desired, sprinkle each layer with mace or grated nutmeg. *Serves 4.*



**DEVEILED OYSTERS**

- |                                              |                                         |
|----------------------------------------------|-----------------------------------------|
| 1 pint oysters                               | $\frac{1}{2}$ tablespoon finely chopped |
| $\frac{2}{3}$ cup Thick White Sauce (p. 222) | parsley                                 |
| 1 egg yolk                                   | 1 teaspoon lemon juice                  |
| Buttered cracker crumbs                      |                                         |

Clean, drain, and slightly chop oysters. Add egg yolk, parsley, lemon juice, and oysters to sauce. Arrange buttered ramekins, scallop shells, or deep oyster shells in a dripping pan, half fill with mixture, cover with buttered crumbs, and bake 12 to 15 minutes in hot oven (400° F.). *Fills 12 or more oyster shells.*

**OYSTERS LOUISIANE**

- |                                                 |                                          |
|-------------------------------------------------|------------------------------------------|
| 1 quart oysters                                 | $\frac{1}{2}$ teaspoon salt              |
| 3 tablespoons butter                            | $\frac{1}{8}$ teaspoon paprika           |
| 2 tablespoons chopped red pepper                | Few grains cayenne                       |
| $\frac{1}{2}$ tablespoon finely chopped shallot | $\frac{1}{2}$ cup grated Parmesan cheese |
| 4 tablespoons flour                             | Duchess Potatoes (p. 410)                |

Parboil oysters (p. 287), reserve liquor, and add enough water to make 1 $\frac{1}{2}$  cups. Cook butter 5 minutes with red pepper and shallot. Add flour and stir until well blended; then pour on oyster liquor gradually, while stirring constantly. Bring to boiling point and season with salt, paprika, and cayenne. Arrange oysters in large buttered scallop shells, pour on the sauce, sprinkle with cheese, and pipe around edges of shells a border of Duchess Potatoes. Arrange in pan and bake until thoroughly reheated (400° F.). *Serves 6 to 8.*

**OYSTER PIE**

Line shallow pie plate with pastry, fill with oysters (not more than 2 layers), sprinkle with salt and pepper, dot over with butter, cover with pastry, prick and bake in hot oven (400° F.) until brown. This is especially delicious served with ham.

**OYSTER AND MACARONI CROQUETTES**

- |                                            |                                    |
|--------------------------------------------|------------------------------------|
| $\frac{2}{3}$ cup cooked macaroni (p. 114) | Few grains cayenne                 |
| 1 pint oysters                             | Few grains mace                    |
| 1 cup Thick White Sauce (p. 222)           | $\frac{1}{2}$ teaspoon lemon juice |
| $\frac{1}{4}$ cup grated cheese            |                                    |

Clean and parboil oysters, remove tough muscles, and cut soft parts in pieces. Use oyster liquor with milk in making sauce. Mix macaroni and oysters, add sauce and remaining ingredients. Chill. Shape, crumb, fry, and drain (p. 415). *Makes 12 or more.*

**OYSTERS, CAPE COD**

|                           |                                |
|---------------------------|--------------------------------|
| 1½ cups flour             | 1 tablespoon butter            |
| 3 teaspoons baking powder | 1 cup drained, chopped oysters |
| ½ teaspoon salt           | 6 tablespoons oyster liquor    |
| 8 pork sausages           |                                |

Sift flour, baking powder, and salt. Work in butter and add oysters and oyster liquor. Spread in buttered shallow pan. Arrange 8 small sausages, well-pricked, over top. Bake in hot oven (450° F.) 30 minutes. *Serves 4.*

**SCALLOPS**

Scallops are shellfish of which the only part eaten is the muscle used for opening and closing the shell. Deep-sea scallops are larger than those found nearer shore. The small Cape scallops are considered especially choice.

Clean and parboil scallops like oysters (p. 287).

**SAUTÉED SCALLOPS À LA MEUNIÈRE**

Parboil scallops, brush with melted butter, and roll in salted flour. Sauté in butter. Arrange on serving dish and pour over butter. Sprinkle with lemon juice and finely chopped parsley. *One pound serves 4.*

**FRIED SCALLOPS**

Clean scallops, drain, and dry very carefully between towels. Season with salt and pepper, dip in egg and crumbs, and fry 2 minutes in deep fat (385° F.). Drain on brown paper. *One pound serves 4.*

**FRIED SCALLOPS À LA HUNTINGTON**

|                                   |                                        |
|-----------------------------------|----------------------------------------|
| 1 quart scallops                  | 3 tablespoons chopped, cooked ham      |
| Juice 1 lemon                     | 4 tablespoons soft, stale bread crumbs |
| 1 tablespoon olive oil            | 2 tablespoons grated Parmesan cheese   |
| 1 teaspoon finely chopped parsley | 1 teaspoon chives, finely cut          |
| 1 teaspoon salt                   |                                        |
| ½ teaspoon pepper                 |                                        |

Clean scallops, add lemon juice, oil, parsley, salt, and pepper. Cover, let stand 30 minutes. Drain. Mix other ingredients. Dip scallops in egg, roll in mixture, fry in deep fat (385° F.), and drain on brown paper. Sprinkle with salt. *Serves 6.*

### DEVEILED SCALLOPS

|                                         |                                           |
|-----------------------------------------|-------------------------------------------|
| 1 pint scallops                         | $\frac{1}{2}$ teaspoon salt               |
| $2\frac{1}{2}$ tablespoons butter       | Few grains cayenne                        |
| $\frac{1}{4}$ teaspoon prepared mustard | $\frac{1}{3}$ cup buttered cracker crumbs |

Clean scallops, drain, and heat to boiling point. Drain again, reserve liquor, and chop scallops. Cream butter, add mustard, salt, cayenne,  $\frac{1}{3}$  cup reserved liquor, and scallops. Let stand  $\frac{1}{2}$  hour. Put in baking dish or scallop shells, cover with crumbs, and bake 20 minutes in moderately hot oven (375° F.). *Serves 6 or more.*

### SCALLOPED SCALLOPS

|                          |                                            |
|--------------------------|--------------------------------------------|
| 1 pint scallops          | $\frac{1}{2}$ cup soft bread crumbs        |
| $\frac{1}{2}$ cup butter | $\frac{2}{3}$ cup cream <i>or</i> top milk |
| 1 cup cracker crumbs     | Salt and pepper                            |

Wash and pick over scallops. Melt butter and add crumbs. Put layer of crumbs in buttered dish, cover with scallops, add half the cream, and season with salt and pepper; repeat, cover with buttered crumbs, and bake in moderate oven (350° F.) until crumbs are brown (about 25 minutes). *Serves 4 to 6.*

### SCALLOPS BRESLOISE

|                                      |                                            |
|--------------------------------------|--------------------------------------------|
| 1 pint scallops                      | 2 tablespoons butter                       |
| 1 cup water <i>or</i>                | 1 tablespoon flour                         |
| $\frac{1}{2}$ cup water and          | 3 tablespoons fresh bread crumbs           |
| $\frac{1}{2}$ cup white cooking wine | $\frac{1}{2}$ clove garlic, finely chopped |
| $\frac{1}{2}$ teaspoon salt          | 1 teaspoon chopped parsley                 |
| $\frac{1}{8}$ teaspoon pepper        | 1 egg yolk                                 |
| 1 small white onion, chopped         | $\frac{3}{4}$ cup buttered bread crumbs    |

Cook scallops 5 minutes in water or water and wine, to which salt and pepper have been added; drain, reserving liquor, and chop. Cook onion with butter 5 minutes, stirring constantly; add flour and stir until well blended; then pour on gradually, while stirring constantly, liquor drained from scallops. Bring to boiling point and add scallops and remaining ingredients, except buttered crumbs. Fill buttered shells with mixture, sprinkle with crumbs, arrange in pan, and bake until crumbs are brown. *Serves 6.*

## SCALLOPS À LA NEWBURG

|                        |                         |
|------------------------|-------------------------|
| 1 pint scallops        | $\frac{1}{2}$ cup cream |
| 3 tablespoons butter   | 2 egg yolks             |
| 1 teaspoon lemon juice | 2 tablespoons sherry    |
| 1 teaspoon flour       | Salt and cayenne        |

Wipe scallops with damp cheesecloth and cook in omelet pan until they begin to shrivel; drain thoroughly, cut in halves, and cook in 2 tablespoons butter 3 minutes. Add lemon juice and cook 1 minute.

Melt remaining butter, add flour, and stir until blended; then pour cream on gradually, while stirring constantly. Bring to boiling point, add egg yolks, slightly beaten, scallops, and sherry. If mixture curdles from overcooking, add milk and stir until smooth. Season to taste. If desired, add  $\frac{1}{2}$  cup shrimps or  $\frac{1}{4}$  pound mushrooms, peeled, diced, and fried 3 minutes. Both may be added.

*Serves 6.*

## SAVOY SCALLOPS

|                              |                              |
|------------------------------|------------------------------|
| 1 quart scallops             | 3 tablespoons flour          |
| Fish Stock (p. 175) or water | $\frac{1}{2}$ cup Mayonnaise |
| 3 tablespoons butter         | $\frac{1}{2}$ teaspoon thyme |

Parboil scallops, drain, and cut in quarters. To scallop liquor add enough Fish Stock to make  $1\frac{1}{3}$  cups. Melt butter, add flour, and stir until well blended; then add fish liquor gradually, while stirring constantly. Bring to boiling point, place over low heat, and add gradually Mayonnaise; then scallops and thyme. Keep hot in double boiler, but do not allow mixture to boil. For the thyme, remove the tiny leaves from sprigs of dried thyme. *Serves 6.*

## SAMOSET SCALLOPS

|                                                |                                    |
|------------------------------------------------|------------------------------------|
| 1 pint scallops                                | Few grains soda                    |
| 1 tablespoon butter                            | 1 cup finely cut, soft mild cheese |
| 1 tablespoon flour                             | 1 egg, slightly beaten             |
| $\frac{1}{2}$ cup thin cream                   | Salt and cayenne                   |
| $\frac{1}{3}$ cup stewed and strained tomatoes | Mustard                            |

Parboil scallops in their own liquor; drain and cut in quarters. Melt butter, add flour, and stir until well blended; then add cream gradually, while stirring constantly. Bring to boiling point, add slowly tomatoes mixed with soda. Again bring to boiling point, add cheese, and, as soon as cheese has melted, add egg, scallops, and seasoning. Serve on toast. *Serves 6.*

## SHRIMPS

Shrimps are small shellfish. Only the tail meat is eaten. They are sold raw or boiled, or canned. For Shrimp Soup, Shrimp Salad, etc., consult index.

## BOILED SHRIMPS

Boil in salted water or Court Bouillon (p. 244) 20 minutes or until shells turn pink. Cool in water in which they were boiled.

**To Shell Boiled Shrimps.** Remove shell with fingers. Make a cut along outside and remove black line (the intestine).

**Creamed Shrimps.** Shell and serve in Savory Cream Sauce (p. 222).

**Shrimps with Dill.** Shell and heat in cream seasoned with salt and a bit of finely cut fresh dill. Serve with dry boiled rice.

**Sautéed Shrimps.** Shell and sauté lightly in melted butter. Pour butter over shrimps. If desired, sprinkle with finely chopped parsley.

Sautéed shrimps are delicious as an hors d'oeuvre. Serve on toothpicks. Pass melted butter, highly seasoned with lemon or lime juice and pepper or Mustard Sauce (p. 236).

## SHRIMP JAMBALAYA

|                                        |                                   |
|----------------------------------------|-----------------------------------|
| 3 slices bacon, diced                  | 4 cups tomatoes, cooked <i>or</i> |
| 3 tablespoons chopped onion            | canned                            |
| 2 tablespoons chopped celery           | 1 teaspoon salt                   |
| 2 tablespoons chopped parsley          | Few grains cayenne                |
| 3 tablespoons chopped green            | 1 teaspoon chili powder,          |
| pepper                                 | if desired                        |
| 1 tablespoon flour                     | 3 cups cooked rice                |
| 2 cups cooked shrimp, broken in pieces |                                   |

Try out bacon, add onion, celery, parsley, and pepper, and cook and stir until onion is yellow. Add flour and stir until slightly brown. Add tomatoes, salt, cayenne, and chili powder, if used. Cook slowly until thick. Add rice and shrimp, stir well, reheat, and add more seasonings if liked. *Serves 8.*

Add 12 oysters, parboiled, for variety. For variety, use cooked ham, chicken, sausage, or tongue in place of shrimp.



**CREAMED SHRIMPS WITH CURAÇAO**

|                                       |                                        |
|---------------------------------------|----------------------------------------|
| 1 cup Cream Sauce (p. 222)            | $\frac{1}{4}$ teaspoon paprika         |
| $\frac{1}{4}$ teaspoon celery salt    | Few gratings nutmeg                    |
| $\frac{1}{4}$ cup walnut meats        | 1 cup shrimps, cooked <i>or</i> canned |
| $\frac{1}{2}$ teaspoon orange curaçao |                                        |

Season sauce with salt, celery salt, paprika, and nutmeg. Add shrimps, cut in halves. Bring to boiling point and add walnut meats, broken in pieces, and curaçao. *Serves 4 to 6.*

**SHRIMPS LOUISIANA STYLE**

|                                                                                     |                                            |
|-------------------------------------------------------------------------------------|--------------------------------------------|
| 2 tablespoons butter                                                                | $\frac{2}{3}$ cup heavy cream              |
| 1 teaspoon chopped onion                                                            | $\frac{1}{2}$ teaspoon salt                |
| $\frac{2}{3}$ cup cooked <i>or</i> canned shrimps<br>(1 small can) broken in pieces | $\frac{1}{4}$ teaspoon celery salt         |
| $\frac{2}{3}$ cup hot, boiled rice                                                  | 3 tablespoons tomato catsup,<br>if desired |
| Few grains cayenne                                                                  |                                            |

Cook butter with onion 5 minutes, stirring constantly. Add shrimps, rice, and cream. When thoroughly heated, add salt, celery salt, cayenne, and tomato catsup. *Serves 4 to 6.*

**SHRIMPS À LA NEWBURG**

|                        |                              |
|------------------------|------------------------------|
| 1 pint shrimps         | $\frac{1}{2}$ cup cream      |
| 3 tablespoons butter   | 2 egg yolks, slightly beaten |
| 1 teaspoon lemon juice | 2 tablespoons sherry         |
| 1 teaspoon flour       | Salt and pepper              |

Clean shrimps and cook 3 minutes in 2 tablespoons butter. Add lemon juice and cook 1 minute. Melt 1 tablespoon butter, add flour and cream; when thickened, add egg yolks, shrimps, and sherry. Season and heat. *Serves 6.*

**Sherried Shrimp and Oysters.** Add  $\frac{1}{2}$  cup cream and  $\frac{1}{2}$  pint fresh oysters.

## CHAPTER 19

# *Meats*

**Care of Meat before Cooking.** Remove from paper, since otherwise paper would absorb some of the juices. Place in covered dish in coolest part of refrigerator, but not where it will freeze.

Wipe meat, before cooking, with a cheesecloth wrung out of cold water, but do not allow it to stand in pan of cold water, as juices will be drawn out and foreign matter washed in.

**Meat Cooking.** Cook tender cuts of meat quickly and at a high temperature, at the start, to keep in the juices. This applies to broiling, pan-broiling, frying, and searing for roasting.

The less tender cuts may be started, like the tender cuts, at a high temperature to keep in the juices, but they must be completed by long, slow cooking, usually with the addition of water.

By putting meat in cold water and allowing water to heat gradually, a large amount of juice is extracted and meat is tasteless; and by long cooking the connective tissues are softened and dissolved, which gives to the stock when cold a jellylike consistency. This principle applies to soup making.

By putting meat in boiling water, allowing the water to boil for a few minutes, then lowering the temperature, juices in the outer surface are quickly coagulated, and the inner juices are prevented from escaping. This principle applies where nutriment and flavor are desired in the meat, rather than in the stock.

By putting in cold water, bringing quickly to the boiling point, then lowering the temperature and cooking slowly until meat is tender, some of the goodness will be in the stock, but a large portion left in the meat. This applies to stews.

**Larding** is introducing small pieces of fat salt pork or bacon through the surface of uncooked meat. The flavor of lean and dry meat is much improved by larding; tenderloin of beef (fillet), grouse, partridge, pigeon, and liver are often prepared in this way. This may be done at the market or at home. Pig pork, being firm,

is best for larding. Chill pork thoroughly, remove rind, and use the part of pork which lies between rind and vein. With sharp knife (to make a clean cut) remove slices not more than  $\frac{1}{4}$  inch thick; cut the slices into strips not more than  $\frac{1}{4}$  inch wide; these strips should be about 2 inches long, and are called *lardoons*. Lardoons for small birds — quail, for example — should be smaller. To lard, insert one end of lardoon into larding needle, hold needle firmly, and with pointed end take up a stitch  $\frac{1}{3}$  inch deep and  $\frac{3}{4}$  inch wide; draw needle through, leaving lardoon in meat with ends projecting to equal lengths. Arrange lardoons in parallel rows, 1 inch apart, stitches in the alternate rows being directly underneath each other. Lard the upper surface of cuts of meat *with the grain*, never across it. In birds, insert lardoons at right angles to breastbone on either side. When large lardoons are forced through meat from surface to surface, the process is called *daubing*. Example: beef à la mode. Thin slices of fat salt pork placed over meat may be substituted for larding, but flavor is not the same as when pork is drawn through flesh, and the dish is far less attractive.

## **BEEF**

**Selection of Beef.** The quality of beef depends on the age of the animal and its feeding. The best beef is from a steer 4 or 5 years old. Beef should be firm and of fine-grained texture, and well marbled

| TENDER CUTS                                                     |                                                     | LESS TENDER CUTS                            |                                                  |                                                                                  |
|-----------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------|
| Steaks                                                          | Roasts                                              | Steaks                                      | Roasts and Pot Roasts                            | Stews                                                                            |
| Sirloin<br>Porterhouse<br>Tenderloin<br>Club<br>Rib (short cut) | Rib<br>Loin<br>Tip of sirloin<br>(in some sections) | Shoulder<br>Chuck<br>Flank<br>Round<br>Rump | Chuck ribs<br>Cross arm<br>Clod<br>Round<br>Rump | Neck<br>Shoulder<br>Skirt<br>Shank<br>Brisket<br>Plate<br>Flank<br>Heel of round |

and coated with fat. Beef should hang about 2 weeks, which changes its color from bright red to purplish red. The fat should be firm and

creamy white in color, the whiter the better. Suet should be dry and crumble easily.

Tender and less tender cuts have practically the same food value. The most expensive cuts are from parts of the animal where muscles are but little used, which makes the meat fine-grained and consequently tender. These cuts can be cooked by any of the quick methods. Heat, moisture, and slow cooking help to break down the stronger fibers of the less tender cuts.

### BROILED STEAK

Select one of the tender steaks (see p. 299),  $1\frac{1}{2}$  to 2 inches thick. Allow  $\frac{1}{3}$  to  $\frac{1}{2}$  pound per person. Remove from refrigerator  $\frac{1}{2}$  hour before cooking so that meat will be at room temperature when cooking begins. Trim off excess fat and wipe with clean cloth. Put meat on broiler rack, greased with some of fat. Broil under an electric grill, in the broiler of a gas stove, or over live coals. Have steak 2 or 3 inches below broiler units in gas or electric range.

Sear quickly on one side. Then turn. Reduce heat and turn occasionally until at desired stage. Broil a steak  $1\frac{1}{2}$  inches thick about 12 minutes if liked rare, 20 if liked medium, and 30 if liked well done.

Remove to hot platter, spread with softened butter, and sprinkle with salt and pepper. Serve immediately.

Sautéed or French-fried onions are popular with steak or any of the sauces listed below.

**Platter Sauce.** Put 2 tablespoons butter on hot platter, add 1 teaspoon dry mustard, a few drops Worcestershire sauce or A-1 sauce or both, salt, pepper, and paprika. Put broiled steak on platter, score with sharp knife, and stir juice with seasonings. Pour spoonful over steak as served.

#### Sauces:

Maître d'Hôtel Butter (p. 235)

Brown Mushroom Sauce I (p. 228); II (p. 232)

Mustard Sauce (p. 236)

Tomato and Mushroom Sauce I or II (pp. 230, 231)

Bordelaise Sauce (p. 229)

Victor Hugo Sauce (p. 234)

Hollandaise Sauce (p. 232) to which have been added a few drops onion juice and  $\frac{1}{2}$  tablespoon finely chopped parsley

Henriette Sauce (p. 233) half spread under steak and half on top

Velouté (p. 226), flavored with tomato catsup

Sauce Trianon (p. 233)

Sauce Figaro (p. 233)

## PLANKED STEAK

Broil or pan-broil a tender steak  $1\frac{3}{4}$  inches thick for 7 minutes. Butter a plank and arrange, close to edge, a border of mashed or Duchess Potatoes (p. 410), using 3 times the recipe. Potato may be put through a pastry bag and rose tube, if desired. Remove steak to plank, put in hot oven (450° F.), and bake until steak is cooked and potatoes are brown. Spread steak with butter, sprinkle with salt, pepper, and finely chopped parsley, and garnish as desired.

**Selection and Care of a Plank.** Board for planked fish or steak should be of oak, one inch thick. It should be a little longer and wider than the fish or meat to be arranged on it. Brush a new plank thoroughly with oil or suet and warm in slow oven (250° F.) for 1 hour before using. Potato border should come well to edge during cooking, so that wood will not scorch. If any part of plank is exposed, it should be well oiled. Wipe and scrape thoroughly after using but do not wash. Wrap in wax paper.

**Combinations for Garnishing** (a few suggestions out of many possibilities)

Cauliflower, peas, and Eggplant Timbales (p. 442)

Mushroom caps fried in butter, Broiled Tomatoes (p. 459) topped with cucumber slices

Glazed Onions (p. 449), buttered carrot in Julienne strips, Stuffed Peppers (p. 452), mushroom caps sautéed in butter

Mashed Potato Nests filled with peas, buttered carrot cubes, Stuffed Tomatoes (p. 460)

Glazed Onions (p. 449), fried strips of green pepper

Slices of cucumber and sections of tomato with French Dressing (p. 464)

Anchovies, olives stuffed with Green Butter (p. 498), and Stuffed Tomatoes (p. 460)



### PAN-BROILED STEAK

Cook in hissing-hot frying pan rubbed over with trimmings of fat. Pour off fat as it accumulates so that meat will not fry. Do not add water and do not cover. After searing a thick steak, slip a rack under meat in pan, set pan in hot oven (450° F.), and finish.

**Individual Cube or Minute Steaks.** Heat heavy frying pan. Grease lightly with bacon fat or butter. Sear steaks quickly on both sides, reduce heat, and cook 2 minutes on each side or slightly longer if liked well done. Add a bit more fat if necessary to keep from sticking. Spread with butter and sprinkle with salt and pepper and chopped parsley, if liked.

### BROILED FILLETS OF BEEF

#### *(Fillet Mignon or Tournedos)*

Order slices cut from fillet  $\frac{3}{4}$  to  $1\frac{1}{2}$  inches thick as preferred. Very thick ones are sometimes called "double fillets." *Allow 1 fillet per person.* If to be served plain or with a simple sauce, trim each fillet into neat round, wrap a slice of bacon around edge, and fasten firmly with a toothpick. Let stand at room temperature 30 minutes before cooking. Broil or pan-broil 5 to 10 minutes, or until cooked through. Fillets should be served rare but not raw. Serve with any of the sauces suggested for Broiled Steak.

**À la Moelle.** Remove marrow from a marrowbone, cut in  $\frac{1}{3}$ -inch slices, poach in boiling water, and drain. Put a slice of marrow on each broiled fillet. To liquor in pan add 1 tablespoon butter, 2 tablespoons flour, and 1 cup Brown Stock (p. 178). Season with salt and pepper. Pour sauce around meat.

**À la Stanley.** Serve on each fillet a section of banana sautéed in butter, or serve the banana sections on Hominy and Horse-radish Croquettes (p. 113). To fat remaining in pan add 2 tablespoons boiling water,  $\frac{1}{2}$  teaspoon beef extract, and 1 tablespoon butter. Pour around beef.

**With Stuffed Mushroom Caps.** Make Espagnole Sauce (p. 229), using stock or consommé. Prepare a large Stuffed Mushroom (p. 447) for each fillet, using sauce to moisten mixture. Broil fillets but 2 minutes before they are done, remove to baking dish. Arrange a mushroom on each and bake in hot oven (425° F.) until crumbs are brown. Remove to serving dish, pour around Espagnole Sauce, and garnish with strips of red and green pepper.

**CHATEAUBRIAND OF BEEF**

Trim off fat and skin from 3 pounds of beef cut from center of fillet and flatten with a broad-bladed cleaver. Sprinkle with salt, brush over with olive oil, and broil 20 minutes, turning frequently, or cook in hot frying pan in 1 cup butter. Remove to serving dish, garnish with red pepper cut in fancy shapes and parsley. Serve with Espagnole Sauce or Brown Sauce (pp. 229 or 228). *Serves 6 to 8.*

**Fillet of Beef with Vegetables.** Garnish with 1 cup cooked carrots, cut in fancy shapes, 1 cup cooked peas,  $\frac{1}{2}$  cup seeded raisins, cooked in boiling salted water until soft, and caps from  $\frac{1}{2}$  pound mushrooms, sautéed in butter. Serve with Brown Mushroom Sauce (pp. 228 or 232).

**BEEF STROGANOFF**

|                               |                                       |
|-------------------------------|---------------------------------------|
| 2 pounds fillet of beef       | $\frac{1}{2}$ tablespoon minced onion |
| $\frac{1}{2}$ pound mushrooms | Salt, nutmeg                          |
| 4 tablespoons butter          | $\frac{1}{2}$ pint sour cream         |

Order fillet cut in  $\frac{1}{2}$ -inch slices. Pound with wooden mallet or potato masher to make even thinner and cut in neat finger-shaped pieces. Melt 2 tablespoons butter in large, heavy pan, add onion and cook and stir until onion is yellow. Add beef and cook quickly about 5 minutes, turning the pieces to brown all sides; set aside. Slice mushroom caps (reserve stems for soup) and sauté in remaining butter. Season with salt and a few grains of nutmeg and add to beef. Add cream, heat, and season delicately to taste. Serve with border of wild rice. *Serves 6.*

**SWISS STEAK**

|                                        |                                     |
|----------------------------------------|-------------------------------------|
| $1\frac{1}{2}$ pounds lean beef        | $\frac{3}{4}$ teaspoon salt         |
| $1\frac{1}{2}$ tablespoons melted suet | $1\frac{1}{2}$ cups hot tomatoes or |
| $\frac{1}{4}$ cup flour                | sliced mushrooms                    |

Few grains pepper

Sift flour with salt and pepper and pound thoroughly into steak. Leave in one piece or cut in cubes. Melt suet in heavy pan. When very hot, sear steak on both sides and add vegetable. Cover and simmer until meat is very tender (about 2 hours). Add small amount of water from time to time as needed. *Serves 4.*

Other vegetables may be added as desired.

**HAMBURG STEAK or PATTIES**

|                                           |                                      |
|-------------------------------------------|--------------------------------------|
| 1 pound finely chopped,<br>lean, raw beef | 1 teaspoon salt<br>¼ teaspoon pepper |
| Butter                                    |                                      |

Shape beef in a large cake or in small, flat cakes. Handle as little as possible and avoid pressing meat firmly together. If liked, moisten slightly with tomato juice. Broil or pan-broil. Do not overcook as chopped meat dries out. Sprinkle with salt and pepper and spread with softened butter or serve with any sauce suggested for Broiled Steak (p. 300). A slice of fat salt pork may be chopped with beef to give additional flavor. *Serves 3.*

**Salisbury Steak.** Add ½ cup milk or cream and few drops onion juice. Mix lightly with fork. Coat lightly with fresh bread crumbs. To fat in pan add ½ cup boiling water and pour over steak.

**With Egg.** Add 1 egg, slightly beaten, and a few gratings of nutmeg.

**With Cornflakes.** Add 1 cup cornflakes, crumbled very fine, 1 teaspoon salt, ½ teaspoon pepper, ¼ teaspoon poultry seasoning, and ½ cup milk. *Serves 5.*

**BROILED HAMBURG STEAK ON ONION RINGS**

|                                           |                                 |
|-------------------------------------------|---------------------------------|
| 1 pound finely chopped, lean,<br>raw beef | 1 tablespoon chopped<br>parsley |
| ¼ cup ground suet                         | 3 tablespoons butter            |
| 1 cup soft, fine bread crumbs             | 2 tablespoons onion juice       |
| 7 strips bacon                            | ½ teaspoon salt                 |
| 7 slices Spanish onion<br>(½ inch thick)  | ⅛ teaspoon pepper               |
|                                           | 1 tablespoon water              |

Lay onion in buttered, shallow baking dish. Pour over 2 tablespoons melted butter, sprinkle with salt and pepper, cover closely, bake until tender (about 30 minutes) in moderate oven (350° F.). Cook parsley in rest of butter and add to beef, suet, crumbs, and seasonings. Mold into 7 flat cakes and wrap each with a slice of bacon. Place each cake on an onion slice in baking dish and cook in broiling oven, 5 minutes on each side. Baste twice.

## SMOTHERED ROUND STEAK

|                             |                     |
|-----------------------------|---------------------|
| 3 slices fat salt pork,     | 1½ cups cold water  |
| 3 × 4 inches                | ¼ teaspoon salt     |
| 1 onion, cut in thin slices | 1 tablespoon butter |
| 2-pound slice round steak   | 2 tablespoons flour |

Try out pork and add onion. Cook, stirring constantly, until onion is brown. Put in water and salt. Bring quickly to boiling point, add steak, cover closely, lower heat, and simmer until meat is tender. Remove steak to hot platter and strain stock, of which there should be 1 cup. Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, hot stock. Bring to boiling point, season with salt and pepper, and pour over steak. *Serves 6.*

## VIENNA STEAKS

|                                |                        |
|--------------------------------|------------------------|
| ½ pound raw lean beef, chopped | ½ teaspoon celery salt |
| ½ pound raw lean veal, chopped | Few gratings nutmeg    |
| 1½ teaspoons salt              | 1 teaspoon lemon juice |
| ¼ teaspoon paprika             | Few drops onion juice  |

1 egg, well beaten

Form into oval cakes. Cook like Hamburg Steak. Pour over meat ½ cup sour cream, heated, or spread with Lemon Butter (p. 235) or 3 tablespoons butter, creamed and seasoned with ½ teaspoon salt and few grains of pepper. *Serves 3 or 4.*

## SWEDISH MEAT BALLS

|                                          |                                           |
|------------------------------------------|-------------------------------------------|
| 1 pound lean raw beef, finely<br>chopped | 3 slices fat salt pork 3 inches<br>square |
| ½ cup stale bread crumbs                 | 2 tablespoons butter                      |
| 1 egg, slightly beaten                   | 2 tablespoons flour                       |
| ¾ teaspoon salt                          | 1¾ cups Brown Stock (p. 178)              |
| ⅛ teaspoon pepper                        | or consommé                               |
| Few grains nutmeg                        | Dumplings if desired (p. 312)             |

Combine meat, crumbs, egg, salt, pepper, and nutmeg. Make into balls, 1½ inches in diameter, using as little pressure as possible. Cover and let stand 1 hour. Brown meat balls in pork fat. Melt butter, add flour, and stir until well blended; add stock or consommé gradually, while stirring constantly. Bring to boiling point and season with salt and pepper. Add balls to sauce, cover, and simmer 1½ hours. To vary, add 2 tablespoons minced onion cooked in 2 tablespoons butter. *Serves 4 to 6.*

**BEEF DOVES**

|                                                  |                               |
|--------------------------------------------------|-------------------------------|
| 1 cup chopped raw beef<br>( $\frac{1}{2}$ pound) | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{3}$ cup uncooked rice                  | Few grains cayenne            |
| $\frac{1}{2}$ teaspoon salt                      | Cabbage leaves                |
|                                                  | Tomato Sauce (p. 230)         |

Mix beef and rice and add salt, pepper, and cayenne. Cook cabbage leaves 2 minutes in boiling water to cover. In each leaf put 2 tablespoons mixture and fold leaf to inclose mixture. Simmer 1 hour in Tomato Sauce. *Serves 4.*

**Variations.** Use veal or pork or use left-over cooked meats and cooked rice or bread crumbs. Sauté in hot bacon fat or butter before cooking in sauce. Vary seasoning by adding minced onion, pickle, or poultry seasoning.

**AMERICAN CHOP SUEY**

|                                                            |                                                     |
|------------------------------------------------------------|-----------------------------------------------------|
| $\frac{1}{3}$ package egg noodles                          | 4 tablespoons olive oil                             |
| 2 quarts boiling salted water                              | $\frac{3}{4}$ pound chopped raw beef                |
| 2 cups canned tomato                                       | 1 stalk celery, cut in fine<br>strips 2 inches long |
| $\frac{1}{4}$ pound cheese, forced through<br>food chopper | $\frac{1}{2}$ teaspoon chop suey sauce              |
| 1 large onion, cut in slices                               | Salt and pepper to taste                            |

Cook noodles in boiling water until soft, drain, and return to kettle. Add tomato and cheese and stir and cook until cheese is melted. Cook onion in olive oil until slightly yellow. Add meat and stir until meat is browned. Add celery and add all to the noodles with chop suey sauce and salt and pepper. *Serves 6.*

**BEEF LOAF**

|                             |                               |
|-----------------------------|-------------------------------|
| 2 pounds lean beef, chopped | Few gratings nutmeg           |
| 1 egg or 2 egg yolks        | 1 teaspoon salt               |
| 2 tablespoons melted butter | $\frac{1}{4}$ teaspoon pepper |
| 4 slices fat salt pork      |                               |

Combine ingredients (except pork) in order given. Shape in roll 6 inches long, place on rack in dripping pan, and arrange pork slices over top. Bake 30 minutes in hot oven (400° F.). Baste every 5 minutes with  $\frac{1}{4}$  cup butter melted in 1 cup boiling water. Serve with Brown Mushroom Sauce (p. 228 or 232) or Tomato Sauce (p. 230). *Serves 6 to 8.*

To vary, add grated rind  $\frac{1}{2}$  lemon, 1 tablespoon finely chopped



parsley, and  $\frac{1}{2}$  teaspoon onion juice. Pork may be chopped fine and mixed with meat.

**Pimiento Beef Loaf.** Add to mixture 1 cup dry bread crumbs, 1 cup canned tomatoes, and 2 canned pimientos, chopped. Serve with Brown Sauce (p. 228) to which has been added 1 pimiento cut in small pieces.

### ROAST BEEF

**To Select.** Rib and loin make most desirable roasts because they are tender, well marbled, and heavily coated with fat. Because of demand for steaks, the loin is seldom sold for roasts. The so-called prime rib cut is made up of seven or eight ribs, depending upon the method of "ribbing" or quartering. The choicest rib roasts are the last ribs, although commonly spoken of as the "first rib" cut, in reality the tenth, eleventh, twelfth, and thirteenth ribs. According to the standard or Chicago method of quartering, which leaves the thirteenth rib on the hind quarter, the first rib cut is the twelfth rib of the animal. Sirloin tip is an excellent cut, but one available only in certain localities, notably Boston.

**To Roast.** Let stand at room temperature  $\frac{1}{2}$  hour before roasting. Wipe, rub with salt (allowing  $\frac{1}{2}$  teaspoon to the pound), pepper, and flour.

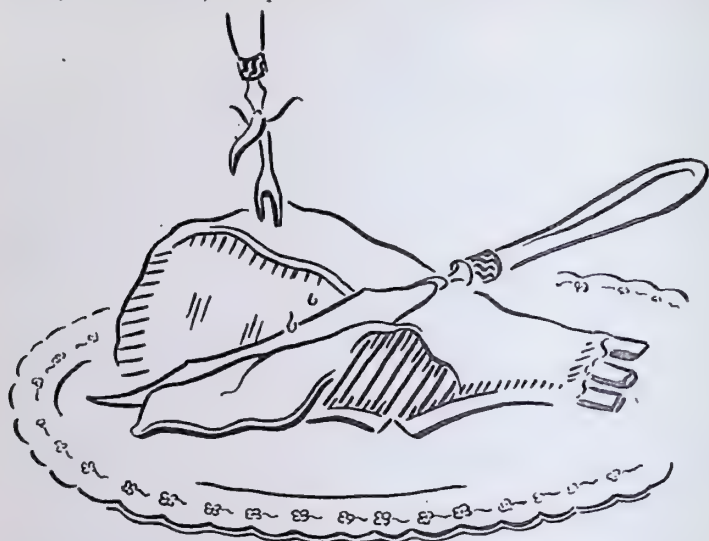
Place, *fat side up*, in an open roasting pan without water. If roast is very lean, fasten a flattened layer of suet over the top with string or skewers. If roast is of such a shape that it cannot be placed fat side up, place a few trimmings of fat on top and baste occasionally. Otherwise, basting is unnecessary, since fat will baste meat as it melts.

**To Use Roast Thermometer,** make a slight incision with skewer through fat covering or directly into roast, if fat side is not on top. Insert thermometer until bulb reaches center of roast but do not allow it to touch the bone. Leave thermometer in roast until required temperature is reached (see below).

Place meat in very hot oven (500° F.). Sear 20 minutes until lightly browned. Reduce heat to slow oven (300° F.) and continue roasting. For roasts weighing 5 pounds or over, allow (including time for searing) about 16 minutes to the pound for rare beef, 22 minutes to the pound for medium, 30 minutes to the pound for well-done beef. Smaller roasts require slightly more time per pound. The roast thermometer will read 140° F. for a rare roast, 160° F. for a medium roast, and 180° F. for a well-done roast. (Continued on next page)

**Rolled Roast.** A boned roast requires 5 to 10 minutes per pound longer to reach a required degree of doneness. It is easier to carve than a standing roast but the flavor is somewhat inferior.

**To Carve.** Have roast placed on platter, skin side up; with a pointed, thin-bladed, sharp knife cut a sirloin or rib roast in thin



*A Standing Rib Roast Is a Noble Sight*

slices (see above), then cut the slices from ribs. If there is tenderloin, remove it from under the bone, and cut in thin slices across grain of meat. Carve back of rump in thin slices with the grain of meat; by so doing, some of the least tender muscle will be served with that which is tender. By cutting across grain of meat, the tenderest portion is sliced by itself, as is the less tender portion.

### ROAST BEEF GRAVY

|                            |                       |
|----------------------------|-----------------------|
| 4 tablespoons fat from pan | 1½ cups boiling water |
| 5 tablespoons flour        | Salt and pepper       |
| Onion juice, if liked      |                       |

Remove some of fat from pan, leaving 4 tablespoons. Set pan on top of stove. Brown flour thoroughly in fat, gradually add boiling water. Cook 5 minutes, season, and strain.

**YORKSHIRE PUDDING**

|             |                             |
|-------------|-----------------------------|
| 1 cup milk  | 2 eggs                      |
| 1 cup flour | $\frac{1}{4}$ teaspoon salt |

Mix salt and flour and add milk gradually, to form smooth paste; then add eggs and beat 2 minutes with an egg beater. Cover bottom of 2 hot bread pans with melted butter or some of beef fat tried out from roast; pour mixture in pan  $\frac{1}{2}$  inch deep. Put in hot oven (450° F.) and bake 20 to 30 minutes, decreasing the heat as the baking is accomplished. Cut in squares for serving. Bake, if preferred, in greased, hissing-hot, iron gem pans or tiny cup-cake tins.

**LARDED FILLET OF BEEF**

The tenderloin of beef which lies under the loin and rump is called fillet of beef. The fillet under the loin is known as the long fillet, and when removed, no porterhouse steaks can be cut; therefore it commands a higher price than the short fillet, lying under the rump. Two short fillets are often skewered together and served in place of a long fillet.

Order fillet larded, or wipe, remove fat, veins, and any tendonous portions; skewer in shape and lard upper side with grain of meat, following directions for larding (p. 298). Place on rack in small open roasting pan, sprinkle with salt and pepper, dredge with flour, and put small pieces of pork in bottom of pan. Bake 30 to 40 minutes in hot oven (425° F.), basting 3 times. Take out skewer, remove meat to hot platter, and garnish with watercress. Serve with Mushroom (p. 228 or 232), Figaro (p. 233), or Horse-radish Sauce I or II (p. 237).

**THREE IN ONE**

|                                       |                    |
|---------------------------------------|--------------------|
| 1 pound round steak (ground)          | 4 tomatoes, sliced |
| 1 green pepper, seeded and<br>chopped | Butter             |
| 2 onions, cut fine                    | Crumbs             |
| 1 large can corn, cream style         | Salt               |
|                                       | Pepper             |

Sauté pepper and onions in butter until light brown, add meat and cook until seared. Place alternate layers of meat mixture and corn in buttered baking dish, seasoning with salt and pepper. Arrange sliced tomatoes over top. Cover with buttered crumbs. Bake in moderate oven (350° F.) until crumbs are brown. *Serves 6.*

## POT ROAST OF BEEF

|                                 |                                  |
|---------------------------------|----------------------------------|
| 4- to 6-pound piece of beef     | 3 tablespoons beef fat <i>or</i> |
| (for suitable cuts, see p. 299) | 2-inch cube of fat salt pork     |
| Salt, pepper, and flour         | $\frac{1}{2}$ cup water          |

Rub meat with salt, pepper, and flour. Brown on all sides in fat in deep heavy pan (iron or cast aluminum) or pressure cooker.

Slip low trivet under meat, add water, cover tightly, and simmer until tender (about 3 hours). Turn occasionally.

For gravy, skim off 2 tablespoons fat, add 2 tablespoons flour, and cook and stir until well blended and slightly browned. Add 1 cup of meat stock or cold water. Stir until smooth. Season with salt, pepper, and chopped parsley.

Arrange on platter with cooked sliced carrots or cauliflower and boiled potatoes, cut in eighths lengthwise. Pour melted butter over vegetables. *Serves 8 or more.*

Vegetables may be cooked with meat, adding them last hour of cooking.

## OVEN STEW

|                                           |                                          |
|-------------------------------------------|------------------------------------------|
| $1\frac{1}{2}$ pounds lean beef, cut in   | $\frac{1}{2}$ teaspoon peppercorns       |
| $1\frac{1}{2}$ -inch cubes                | 2 cups hot water                         |
| 1 onion, sliced                           | 2 cups tomatoes, cooked <i>or</i> canned |
| 8 slices carrot, $\frac{1}{4}$ inch thick | 3 tablespoons butter                     |
| 2 sprigs parsley                          | 3 tablespoons flour                      |
| $1\frac{1}{2}$ teaspoons salt             | 1 cup peas, cooked <i>or</i> canned      |

Put meat in baking dish or bean pot and add onion, carrot, parsley, salt, peppercorns, hot water, and tomatoes. Cover and bake  $3\frac{1}{2}$  hours in slow oven ( $250^{\circ}$  F.). Half an hour before serving, thicken with butter worked until creamy and mixed with flour, and add peas. Remove onion, carrot, parsley, and peppercorns. *Serves 6.*

## BRAISED BEEF

|                                    |        |                                          |
|------------------------------------|--------|------------------------------------------|
| 3 pounds beef                      | Carrot | } $\frac{1}{4}$ cup each,<br>cut in dice |
| 2 thin slices fat salt pork        | Turnip |                                          |
| Salt and pepper                    | Onion  |                                          |
| $\frac{1}{2}$ teaspoon peppercorns | Celery |                                          |

Select any of the less tender cuts suggested for roasts (p. 299).

Try out pork and remove scraps. Wipe meat, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat.

When turning meat, avoid piercing with fork or skewer, which allows the inner juices to escape. Place in deep baking dish or heavy kettle and surround with vegetables, peppercorns, and boiling water to half cover meat; cover closely and cook slowly or bake 4 hours in very slow oven (250° F.), basting every half-hour, and turning after second hour. Throughout the cooking, the liquid should be kept below boiling point. Serve with Horse-radish Sauce (p. 237) or sauce made from liquor in pan. *Serves 8 to 10* and is equally good reheated.

**Beef à la Mode.** Use beef from the round and order larded at market or lard with 9 strips of fat salt pork  $\frac{1}{4}$  inch wide and 4 to 6 inches long (p. 298), making incisions by running large skewer through meat. Add sprig of parsley and bit of bay leaf to kettle. Serve with sauce made from juices in pan.

### CHILI CON CARNE

|                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 pound beef (round <i>or</i> neck)  | 1 tablespoon chili powder       |
| 1 tablespoon flour                   | 1 clove garlic <i>or</i>        |
| $\frac{1}{2}$ teaspoon salt          | $\frac{1}{4}$ cup chopped onion |
| 2 tablespoons chopped suet <i>or</i> | 1 large can tomatoes            |
| bacon fat                            | 1 large can kidney beans        |

Melt suet or bacon fat, add garlic or onion, and cook until slightly yellow. Add meat, chopped or cut in small cubes. Sprinkle with salt and flour. Stir and cook until meat is browned. Add other ingredients, cover, and simmer until meat is tender (1 hour or more). *Serves 4.*

### PRESSED BEEF FLANK

|               |                                    |
|---------------|------------------------------------|
| Beef flank    | Salt                               |
| Boiling water | $\frac{1}{2}$ teaspoon peppercorns |
|               | Bit of bay leaf                    |

Wipe meat, remove superfluous fat, and roll. Cover with boiling water, add seasonings and any bones that may be on hand. Cover and cook slowly until meat is in shreds; there should be but little liquor in kettle when meat is done. Arrange meat in deep pan, pour over liquor, cover, and press with a heavy weight. Serve cold, thinly sliced.



**BEEF STEW WITH DUMPLINGS**

|                                                    |                                               |
|----------------------------------------------------|-----------------------------------------------|
| Aitchbone, weighing 5 pounds                       | $\frac{1}{2}$ small onion, cut in thin slices |
| 4 cups potatoes, cut in $\frac{1}{4}$ -inch slices | $\frac{1}{4}$ cup flour                       |
| Turnip } $\frac{2}{3}$ cup each, cut in            | Salt                                          |
| Carrot } $\frac{1}{2}$ -inch cubes                 | Pepper                                        |

Wipe meat, remove from bone, cut in  $1\frac{1}{2}$ -inch cubes, sprinkle with salt and pepper, and dredge with flour. Cut some of the fat in small pieces and try out in frying pan. Add meat and stir constantly, that the surface may be quickly seared; when well browned, remove to kettle. Rinse frying pan with boiling water, and add this liquid to kettle; add bones sawed in pieces, cover with boiling water, and boil 5 minutes. Reduce heat and cook until meat is tender (about 3 hours). Before last hour of cooking, add carrot, turnip, and onion, with salt and pepper to taste. Half an hour before stew is done, add potatoes. Remove bones and large pieces of fat. Skim. Thicken with  $\frac{1}{4}$  cup flour, mixed with  $\frac{1}{4}$  cup cold water. Cook 5 minutes. Pour into deep hot platter and surround with dumplings. *Serves 8 generously.*

**Dumplings**

|                           |                             |
|---------------------------|-----------------------------|
| 2 cups flour              | $\frac{1}{2}$ teaspoon salt |
| 4 teaspoons baking powder | $\frac{3}{4}$ cup milk      |

Mix and sift dry ingredients. Add milk gradually. Toss on floured board, pat, and roll out  $\frac{1}{2}$  inch thick. Shape with biscuit cutter, dipped in flour. Place close together in buttered steamer, cover closely, and steam 12 minutes. *Makes 12 to 15.*

With a little more milk added, mixture may be dropped by spoonfuls and cooked on top of stew. If necessary, remove some of liquid so that dumpling may rest on meat and potato and not settle into liquid. Keep closely covered.

**HUNGARIAN GOULASH**

|                                                                      |                                          |
|----------------------------------------------------------------------|------------------------------------------|
| 2 pounds beef, cut in $1\frac{1}{2}$ -inch cubes, <i>or</i>          | 2 teaspoons paprika                      |
| 1 pound beef, $\frac{1}{2}$ pound veal, and $\frac{1}{2}$ pound pork | $1\frac{1}{2}$ cups potato cubes         |
| 1 quart boiling water, stock, <i>or</i> part tomato juice            | 1 large onion, chopped fine              |
| 2 cloves garlic, on a toothpick                                      | 3 tablespoons butter <i>or</i> bacon fat |
|                                                                      | 3 tablespoons flour                      |

Melt butter, add onion. Cook until tender and slightly brown. Add

meat and cook 5 minutes. Add flour and seasonings. Stir until well blended. Add water or stock or part tomato juice. Cover and cook slowly 45 minutes. Add potato cubes and cook until potatoes are done (about 20 minutes). Remove garlic. For variety, add  $\frac{1}{2}$  cup heavy sour cream. *Serves 6.*

**With Vegetables.** Twenty minutes before serving, add tiny whole carrots, whole green beans, small onions, or Lima beans. Season with  $\frac{1}{8}$  teaspoon marjoram. Five minutes before serving, add tomato wedges or 1 cup stewed tomatoes. If desired, cook 1 tablespoon chopped green pepper and 1 tablespoon chopped parsley with onion.

### ENGLISH STEAK AND KIDNEY PIE

|                           |                               |
|---------------------------|-------------------------------|
| 1½ pounds top round steak | 1¼ tablespoons Worcestershire |
| 3 lamb's kidneys          | sauce                         |
| 1½ sliced onions          | 2 tablespoons flour           |
| 2½ tablespoons butter     | ½ teaspoon salt               |
| 1½ cups boiling water     | ½ teaspoon pepper             |

Wipe steak, remove fat, and cut lean meat in  $\frac{3}{4}$ -inch cubes. Soak, pare, trim, and cut kidneys in  $\frac{1}{4}$ -inch cubes. Try out fat removed from steak; add onion and stir constantly till well browned. Add 1 tablespoon butter, beef, and kidneys and stir constantly until entire surface of meat is well seared and browned; then remove to stewpan. To fat remaining in pan add boiling water and strain; add Worcestershire sauce, salt, and pepper. Pour over meat, cover tightly, and let cook over low heat until meat is tender. Strain off liquid remaining in pan and thicken with remaining butter and flour mixed together. Serve as a stew or with Baking Powder Biscuit or pastry top. *Serves 6.*

**With Puff Pastry.** Place a heavy custard cup in center of baking dish with  $\frac{1}{2}$ -inch rim. Arrange cooked meat (cooled) around cup and pour over half the gravy. Place on rim of dish a  $\frac{3}{4}$ -inch strip of Puff Paste (p. 597), brush over with cold water, and put on cover of paste from the center of which a circular piece has been cut. Garnish with a braid of paste and 4 diamond-shaped pieces. Around edge make a row of parallel creases,  $\frac{1}{2}$  inch apart, using the back of a knife. Between each 2 creases, snip paste 3 times with scissors. Bake in hot oven (450° F.). Serve with remaining gravy.

**BROILED or SAUTÉED DRIED BEEF**

Separate slices of dried beef and broil in broiling oven 2 or 3 minutes or sauté in butter. Serve in place of bacon or as a garnish with Creamed Eggs (p. 122) and similar dishes.

**CREAMED DRIED BEEF**

|                                                         |                                         |
|---------------------------------------------------------|-----------------------------------------|
| $\frac{1}{4}$ pound smoked dried beef,<br>thinly sliced | 1 cup Cream Sauce (p. 222),<br>unsalted |
|---------------------------------------------------------|-----------------------------------------|

Remove skin and separate meat in pieces, cover with hot water, let stand 10 minutes, and drain. Add to sauce and cook in double boiler 10 minutes. Serve on toast or hot biscuits. *Serves 4.*

**BROWNEED CREAMED DRIED BEEF**

|                                                         |                                                           |
|---------------------------------------------------------|-----------------------------------------------------------|
| $\frac{1}{4}$ pound smoked dried beef,<br>thinly sliced | 2 tablespoons butter<br>2 tablespoons flour<br>1 cup milk |
|---------------------------------------------------------|-----------------------------------------------------------|

Remove skin and cut meat in small pieces. Cook in butter until brown. Sprinkle with flour, stir until well blended. Add milk gradually. Bring to boiling point, stir, and cook 2 minutes. Add a few slices mushroom or strips of green pepper, if desired. *Serves 4.*

**CORNEED BEEF**

The best pieces of corned beef are the rattleran and fancy brisket. The fancy brisket commands a higher price and may easily be told from the rattleran by the selvage on the lower side and the absence of bones. The upper end of brisket (butt end) is thick and composed mostly of lean meat, the middle cut has more fat but is not well mixed, while the lower (navel end) has a large quantity of fat. The rattleran contains a thick lean end; the second cut contains three distinct layers of meat and fat and is considered the best cut by those who prefer meat well streaked with fat. The rattleran has a thin end, which contains but one layer of lean meat and much fat, and consequently is not a desirable piece.

New England corned beef is grayish brown. Other corned beef is cured with a much larger amount of saltpeter and is red.

**To Cook.** Wipe and tie securely in shape, if not done at market.

Put in kettle, cover with cold water, and bring slowly to boiling point. Boil 5 minutes, remove scum, reduce heat, and simmer until tender. Cool slightly in water in which it was cooked. Remove to dish, cover, and place a weight on cover, that meat may be well pressed, or separate lean meat and fat and put in alternate layers in a bread pan, cover, and press.

### NEW ENGLAND BOILED DINNER

Serve warm, unpressed corned beef with cabbage, beets, turnips, carrots, and potatoes. Remove meat from water, skim off fat, and cook vegetables (except beets) in this water. Cook beets separately. All vegetables may be cooked separately if preferred, but water in which beef was cooked gives them a distinctive flavor. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Serve cabbage and beets in separate dishes, other vegetables attractively arranged on platter with meat. Serve with Horse-radish Sauce I (p. 237).

### CORNE<sup>D</sup> *or* ROAST BEEF HASH

|                                                                   |                              |
|-------------------------------------------------------------------|------------------------------|
| 2 cups cooked corne <sup>d</sup> <i>or</i> roast beef,<br>chopped | Milk <i>or</i> cream<br>Salt |
| 3 cups cold boiled potatoes, chopped                              | Pepper                       |
| Onion juice <i>or</i> chopped onion, to taste                     |                              |

Combine beef and potatoes. Season and moisten with milk or cream, put into a hot buttered frying pan, stir until well mixed, spread evenly, then place over low heat where it may brown slowly underneath (40 to 45 minutes). Use asbestos mat if cooked on gas stove. Turn and fold on a hot platter. Garnish with sprig of parsley in the middle. Chopped parsley, chopped green or red pepper, or pimientos cut in small pieces may be added to hash mixture. *Serves 6.*

**With Beets.** Add 1½ cups finely chopped, cooked beets.

### ROAST BEEF WITH GRAVY *or* MEXICAN SAUCE

Cut cold roast beef in thin slices, place on warm platter, and pour on some of the gravy or Mexican Tomato Sauce (p. 230) reheated to boiling point. If meat is allowed to stand in gravy over heat, it becomes hard and tough.



**RICE AND MEAT LOAF**

|                                         |                            |
|-----------------------------------------|----------------------------|
| $\frac{3}{4}$ cup uncooked rice         | 2 tablespoons butter       |
| 2 cups chopped cooked meat              | 2 tablespoons flour        |
| $\frac{3}{4}$ cup gravy <i>or</i> stock | 3 tablespoons chili sauce  |
| $\frac{1}{4}$ teaspoon salt             | 1 tablespoon chopped onion |

Tomato Sauce (p. 230)

Boil rice in salted water. Mix meat with gravy or stock and salt. Add flour and butter creamed together. Heat to boiling point, add chili sauce and onion. Spread half the boiled rice in well-greased loaf pan, over this spread meat mixture, cover with remainder of rice, and press it down firmly. Steam for 40 minutes. Turn out on platter and surround with Tomato Sauce. *Serves 6.*

**COLD ROAST BEEF À LA SHAPLEIGH**

Pour Martinique French Dressing (p. 465) over cold roast beef and garnish with lettuce leaves, stoned olives, and curled celery.

**BEEF CREOLE**

Arrange border of mashed potato in shallow baking dish or individual dishes. Mix cold roast beef or steak, cubed, with gravy, bits of green pepper cut fine, and quartered tomato. Season to taste and fill baking dish. Heat in oven until potato is delicately brown.

**BEEFSTEAK PIE**

|                                           |                                            |
|-------------------------------------------|--------------------------------------------|
| 2 cups cold broiled steak <i>or</i> roast | 2 tablespoons flour                        |
| beef, cut in 1-inch cubes                 | Salt, pepper                               |
| 3 cups boiling water                      | 1 cup potatoes, cut in $\frac{1}{4}$ -inch |
| $\frac{1}{2}$ onion                       | slices                                     |

Baking Powder Biscuit (p. 86) *or* Plain Pastry (p. 600)

Cover meat with boiling water, add onion, and cook slowly 1 hour. Remove onion, thicken gravy with flour diluted with cold water, and season with salt and pepper. Add potatoes parboiled 8 minutes. Cooked vegetables, such as peas, carrots, or green beans, may be added. Put in buttered baking dish, cover with biscuit mixture cut in 2-inch rounds, or with a pastry layer size of dish. Bake in hot oven (450° F.). If covered with pastry, make several incisions on crust. Pastry may be baked separately and arranged on top of dish to serve. *Serves 6.*



**CASSEROLE OF BEEF**

|                                                 |                                                                      |
|-------------------------------------------------|----------------------------------------------------------------------|
| 4 cups cold cooked beef, cut in<br>1-inch cubes | 1 teaspoon Worcestershire<br>sauce                                   |
| 2 cups Brown Sauce (p. 228) <i>or</i><br>gravy  | $\frac{1}{2}$ teaspoon salt                                          |
| $\frac{1}{2}$ cup celery, cut in small pieces   | $\frac{1}{8}$ teaspoon pepper                                        |
| $\frac{1}{2}$ cup carrot, cut in small cubes    | 1 cup peas, beans, <i>or</i> mush-<br>rooms, cooked <i>or</i> canned |
| 1 onion, thinly sliced                          | 1 cup potato balls, parboiled<br>10 minutes                          |
| 1 cup tomatoes, cooked <i>or</i> canned         |                                                                      |

Put first 9 ingredients in casserole dish. Cover and bake 1 hour in moderate oven (350° F.). Add other ingredients and cook 30 minutes longer or until potatoes are soft. *Serves 8.*

Various vegetables may be used, such as those suggested in Beef Stew with Dumplings (p. 312). Beef may be cooked on top of stove and served with Dumplings if desired.

**COTTAGE PIE *or* SHEPHERD'S PIE**

Cover bottom of small, greased baking dish with hot mashed potato; add a thick layer of roast beef, chopped or cut in small pieces (seasoned with salt, pepper, and few drops onion juice) and moistened with some of the gravy; cover with a thin layer of mashed potato and bake in hot oven (425° F.) long enough to heat through.

**CECILS WITH TOMATO SAUCE**

|                                                                |                                          |
|----------------------------------------------------------------|------------------------------------------|
| 2 cups cold roast beef <i>or</i> rare<br>steak, finely chopped | Worcestershire sauce                     |
| Salt                                                           | 4 tablespoons bread crumbs               |
| Pepper                                                         | 2 tablespoons melted butter              |
| Onion juice                                                    | 1 <i>or</i> 2 egg yolks, slightly beaten |
|                                                                | Tomato Sauce (p. 230)                    |

Season beef with salt, pepper, onion juice, and Worcestershire sauce; add remaining ingredients, shape in small croquettes, pointed at ends. Roll in flour, egg, and crumbs and fry (p. 415). Serve with Tomato Sauce. *Serves 6.*

**BEEF CUTLETS**

Remove fat, skin, and gristle from cooked beef. Cut in small cubes, sauté slowly 5 minutes in butter. Mix with Thick White Sauce (p. 222), season with salt, pepper, dash of mace or powdered thyme, and onion juice. Shape, crumb, and fry (p. 415). Serve with Tomato Sauce (p. 230), Sauce Piquante (p. 228), or Creole Sauce (p. 228).

**PORK**

**Pork** is the flesh and fat of pig or hog. Pork should be fine-grained and firm. Lean pork from a young animal is nearly white, from an older animal rose color. The fat is white and less firm than beef fat. Select meat with least amount of visible fat since there is plenty throughout the "lean."

**PORK CUTS AND THEIR USES**

|                                |                                         |
|--------------------------------|-----------------------------------------|
| Feet . . . . .                 | stews, boiling, frying, pickled         |
| Hams, Fresh . . . . .          | steaks, roasts                          |
| Smoked . . . . .               | baking, boiling, broiling (in slices)   |
| Fat back (salt pork) . . . . . | fried and as flavoring with other foods |
| Bacon . . . . .                | broiled, pan-broiled, baked             |
| Loin . . . . .                 | roasts, chops                           |
| Shoulder, Fresh . . . . .      | roasted                                 |
| Smoked . . . . .               | like Smoked Ham                         |
| Spareribs . . . . .            | baked, boiled                           |
| Tenderloin . . . . .           | broiled, pan-broiled, baked, braised    |

**PAN-BROILED PORK CHOPS**

Have chops cut  $\frac{3}{4}$  to 1 inch thick, as they shrink considerably while cooking. Wipe, sprinkle with salt and pepper, dust lightly with flour. Place in hot, heavy frying pan, fat edge down. Brown on both sides. Pour off fat, cover, and cook slowly until tender (about 25 minutes). Core and pare apples, cut in  $\frac{1}{2}$ -inch slices, fry in fat remaining in pan, and serve with chops.

**BRAISED PORK CHOPS**

Sprinkle with salt and pepper, sear both sides. Put in heavy pan, cover with boiling water, or tomato juice and pulp. Minced onion may be added. Cover and cook slowly 50 to 60 minutes.

**STUFFED PORK CHOPS**

|                                         |        |
|-----------------------------------------|--------|
| 6 rib chops, 1½ inches thick            | Salt   |
| Celery (p. 210), Apple, <i>or</i> Apple | Pepper |
| and Prune Stuffing (pp. 211, 212), etc. | Flour  |

Wipe chops, cut halfway through lean to bone. Stuff, fasten with small wooden skewers (toothpicks). Sprinkle with salt and pepper and rub lightly with flour. Sear both sides quickly in hot, heavy frying pan. Lay on rack in baking dish. Cover closely, bake in moderate oven (350° F.) until meat is tender (about 45 minutes). Remove skewers. Unless stuffing with apple is used, half a cored, tart red apple may be baked on each chop, cut side down.

**PORK CHOPS, SWEET POTATOES, AND APPLES**

Place pork chops on large baking platter. Cover each with 1 tablespoon Onion Stuffing (p. 211). Arrange around them sweet potatoes of uniform size (parboiled) and small red apples, cored and filled with seeded raisins and currants. Bake 1½ hours in hot oven (425° F.), reducing temperature if necessary to prevent burning. Baste with water as needed.

**PORK CHOPS, MEXICAN**

|                             |                                               |
|-----------------------------|-----------------------------------------------|
| 6 pork chops                | 1 slice onion                                 |
| 6 tablespoons uncooked rice | 1 can tomato <i>or</i> 2 cups stewed tomatoes |

Arrange chops and onion in casserole. Put 1 tablespoon rice on each chop. Arrange pieces of tomato on rice. Season with salt and pepper, pour over remaining tomato. Cover closely and bake 1 hour in moderate oven (350° F.). *Serves 6.*

**KERNELS OF PORK**

*Allow 1 pound per person.* Wipe a sparerib of pork and remove lean meat in one piece. Cut in ¾-inch slices crosswise, sprinkle with salt, and fry in a hot, heavy frying pan, rubbed over with pork fat. Arrange down the center of a hot platter and surround with Stuffed Tomatoes (p. 460) or nests made of Savory Potatoes (p. 409), filled with Creamed Silverskins (p. 448), etc. Garnish with parsley.

**PORK STEAK WITH PINEAPPLE**

|                                         |                    |
|-----------------------------------------|--------------------|
| 1 slice fresh pork <i>or</i> fresh ham, | 1 teaspoon salt    |
| 1½ inches thick                         | ¼ teaspoon pepper  |
| 2 tablespoons flour                     | 3 slices pineapple |

Put meat in casserole. Rub with flour, salt, and pepper. Cut pineapple slices in half and arrange on meat. Cover. Cook 1½ hours in moderate oven (350° F.). *Serves 6.*

**CITY CHICKENS**

*Allow 1 pound lean veal and 1 pound lean pork for 6.* Have meat cut in 1½-inch cubes and arranged on wooden skewers, allowing 4 or 5 cubes to each. Sprinkle with salt and pepper, dip in flour, then in slightly beaten egg, and then in crumbs. Sauté in butter until well browned, add ½ cup water, cover closely, and cook until tender.

**PORK TENDERLOIN PATTIES**

*One pound serves 3.* Have pork tenderloin boned and cut in slices ½ inch thick. Pound with potato masher to flatten. Brush over with melted butter. Broil or pan-broil.

**BAKED PORK TENDERLOINS**

*A pair of tenderloins serves 6.* Wipe, put in dripping pan, brown 15 minutes in very hot oven (500° F.). Then reduce heat (300° F.). Sweet potatoes may be parboiled 10 minutes and arranged around meat. Bake 45 minutes, basting every 15 minutes.

**Stuffed.** Make cut down center of pair of tenderloins but do not sever. Arrange 2 cups Apple, Apple and Prune, Celery, Mushroom, or other stuffing on one tenderloin, cover with other, and tie or sew together.

**ROAST PORK**

Wipe meat, score fat with sharp knife, and sprinkle with salt and pepper. Place fat side up, on rack in open roasting pan. Sear 15 minutes in hot oven (500° F.). Then reduce temperature rapidly to slow (300° F.) and cook until meat is tender (35 minutes to the pound for

large roasts, 45 for small ones). If roast thermometer is used (p. 307), it will read 185° F.

Serve with Brown Gravy (p. 228) made with fat in pan.

**Roast Crown of Pork.** Order prepared at market. Arrange pork fat trimming in pan, and baste every 15 minutes.

Remove to chop plate, surround with mounds of mashed potatoes at regular intervals, and, between potato mounds, halves of baked apples. Garnish ends of bones with paper frills and put a large bunch of parsley in the center of crown.

**Roast Fresh Ham.** Leave rind on. When roasted remove rind, score fat covering in squares with sharp knife. Mix brown sugar with a few dry bread crumbs and just enough vinegar or pickle juice to spread evenly over roast. Stick with cloves and brown in moderately hot oven (375° F.).

**Roast Stuffed Shoulder.** Order picnic shoulder of medium or large size, boned. Wipe, sprinkle with salt, stuff with Plain Stuffing (p. 210), Apple Stuffing (p. 211), or Celery Stuffing (pp. 210, 212), and sew in shape.

### LITTLE ROAST PIG

Order 10-pound suckling pig. Clean thoroughly, wipe with cloth, and stuff with 8 cups Onion Stuffing (p. 211). Skewer legs in position, hind legs backward, forelegs forward. Make 4 parallel gashes, 3 inches long, through skin on each side of backbone. Put on rack in dripping pan, brush entire surface with melted butter, sprinkle with salt, pour 2 cups boiling water around pig, and cover with buttered paper. Roast in moderate oven (350° F.) about 4 hours or until done, basting every 15 minutes with liquor in pan. Remove paper after cooking 2½ hours and brush over with heavy cream. Remove to serving dish, put small red apple in mouth, raisins or cranberries in eye sockets, and laurel or other wreath around neck. Garnish with nest-shaped Hominy Croquettes (p. 113) filled with applesauce, sections of red apples, and watercress or other garnish. *Serves 12.*

**To Carve.** Remove legs as in carving turkey. Make a single cut along backbone. Cut between ribs to separate chops as in carving a crown roast. Use meat from head and legs in a made-over dish.



## STUFFED SPARERIBS

|                                    |              |
|------------------------------------|--------------|
| 2 matching spareribs, well fleshed | Salt, pepper |
| Apple Stuffing (p. 211)            | Flour        |

Have breastbone cracked to make carving easier. Wipe, put one section on rack in baking pan, spread on stuffing, and place other section on top. Sprinkle with salt and pepper. Dredge with flour. Sear 20 minutes in hot oven (500° F.) or until lightly browned. Reduce temperature rapidly to slow (300° F.) and cook about 1 hour or until tender, basting several times with fat in pan. *Allow 1 pound per person.*

**With Sauerkraut.** In place of stuffing use 4 cups (or more) sauerkraut mixed with 2 teaspoons caraway seeds if liked. Baste frequently with juices in pan, adding water if needed. Turn to brown both sides. After browning, cover closely. Further basting is not necessary. If preferred, cook slowly, covered, in heavy kettle on top of stove.

## SPARERIBS WITH VEGETABLES

|                         |                 |
|-------------------------|-----------------|
| 2 matching spareribs    | 1 small cabbage |
| Plain Stuffing (p. 210) | Flour           |
| 2 tablespoons fat       | 3 cups water    |
| 6 potatoes              | Paprika         |
| Chopped parsley         |                 |

Wipe spareribs, sprinkle both sides with salt and pepper. Spread with stuffing, roll, dredge with flour, fasten with skewers, and tie with string. Put 2 tablespoons fat in frying pan. When hot, put in spareribs and sear and brown on all sides, turning as necessary. Put on rack in deep kettle, add 3 cups water, bring to boiling point, and simmer gently 1½ hours or until meat is nearly done. Add potatoes, washed and pared, and cook 15 minutes; then add cabbage, cut in fourths, and cook 12 to 15 minutes longer. Remove meat to platter, put potatoes and cabbage alternately around the meat, and garnish with lines of paprika on the cabbage and chopped parsley on the meat and potatoes. Save the stock to use as the base for a vegetable soup. *Serves 6.*

**BACON I**

Place thin strips of bacon on board, and flatten with a broad-bladed knife to make as thin as possible. Put in cold frying pan and cook over moderate heat until bacon is crisp and brown, turning frequently, and occasionally pouring off fat from pan. Drain on brown paper.

Canadian bacon has a large amount of lean meat.

**Bacon Curls.** Remove rind. During cooking shape in form of curls, using knife and fork.

**BACON II**

Place thin slices of bacon closely together on rack in pan. Bake in hot oven (425° F.) until bacon is crisp and brown, turning once. Drain on brown paper. Pour out fat which has dripped into the pan and use for frying liver, eggs, potatoes, etc.

**FRIED SALT PORK, COUNTRY STYLE**

|                   |                             |
|-------------------|-----------------------------|
| ½ pound salt pork | ¼ teaspoon salt             |
| Corn meal         | Few grains pepper           |
| Flour             | 1 tablespoon butter         |
| 1 cup milk        | 1½ cups boiled potato cubes |

Cut pork in thin slices, and slices in halves crosswise (making pieces about 2 by 3 inches), and gash each rind edge 4 times. Dip in corn meal and flour. Cook in hot frying pan until crisp and well browned, turning frequently. Remove from pan. *Serves 4.*

**Milk Gravy.** Strain fat through a double thickness of cheesecloth placed over a fine strainer. Put 1½ tablespoons fat in saucepan, add 2 tablespoons flour, and stir until well blended. Add milk gradually, while stirring constantly. Bring to boiling point and add salt and butter, bit by bit.

Add cooked potato cubes to gravy. Pile in center of hot serving dish and surround with prepared pork. Garnish with sprigs of parsley.

**HAM ROLL**

Spread 1-inch slice of ham with Raisin and Nut Stuffing (p. 211) or Plain Stuffing (p. 210). Roll up and skewer or tie in shape. Put in baking dish, cover with stock or canned tomatoes, cover, and bake 1½ to 2 hours in moderate oven (350° F.). *Serves 6.*

**BROILED HAM**

*One pound serves 3.* Soak thin slices ( $\frac{1}{2}$  inch thick) of ham 1 hour in lukewarm water. Drain, wipe, and broil 3 minutes on each side in broiler, or pan-broil, greasing pan with small amount of ham fat.

**With Mushrooms.** Sauté sliced mushrooms in butter and serve piled on ham.

**Barbecued.** To fat in pan, add 3 tablespoons vinegar,  $1\frac{1}{2}$  teaspoons mustard,  $\frac{1}{2}$  teaspoon sugar,  $\frac{1}{8}$  teaspoon paprika, and 1 tablespoon currant jelly. Heat and pour over ham.

**Fried Ham and Eggs.** Fry eggs in ham fat and serve with ham.

**Epicurean Style.** Have ham cut 1 inch thick. Broil on one side, turn, and spread thickly with brown sugar. Broil until sugar melts, reducing heat to prevent sugar from scorching. Serve with sautéed pineapple slices.

**CASSEROLE OF HAM I**

1 slice ham, 2 inches thick      2 cups milk  
 $1\frac{1}{2}$  cups potatoes, pared and thinly sliced

Wipe ham, remove outside edge of fat. Put in casserole, and cover with potatoes. Add milk, cover, and bake  $1\frac{1}{2}$  to 2 hours in moderate oven ( $350^{\circ}$  F.). *Serves 6 or more.*

**CASSEROLE OF HAM II**

1 slice ham, 1 inch thick       $1\frac{1}{2}$  cups Brown Stock (p. 178) or  
 3 large onions, sliced thin      canned tomatoes (highly seasoned)

Place onions in baking dish. Place ham on onions. Pour on stock or tomatoes. Bake 1 hour in moderate oven ( $350^{\circ}$  F.). *Serves 6.*

**BAKED HAM WITH GLACÉED PINEAPPLE**

1 slice ham, 1 inch thick      Canned pineapple  
 Prepared mustard       $\frac{1}{2}$  cup brown sugar  
                                          6 cloves

Soak ham 1 hour in lukewarm water. Drain, arrange in baking dish, spread with mustard, pour on 1 cup pineapple sirup, sprinkle with sugar, and stick with cloves. Bake in moderate oven ( $350^{\circ}$  F.) until tender. Arrange pineapple rings on ham. Bake until pineapple is delicately brown, basting frequently with sirup in pan. *Serves 6.*

## BOILED HAM

Most high-grade commercial hams need no soaking. Home-cured hams, smoked shoulders, picnics, and cottage butts are improved by soaking overnight or for several hours in cold water to cover.

Scrub ham well with a stiff brush and place in kettle of simmering water (180° F.) so that ham is just covered. Do not allow water to bubble. Allow 25 minutes per pound for medium-sized ham. If meat thermometer is used, it will register 158° F. when ham is done. Hams cooked in simmering water are juicier and have a better flavor than those cooked in boiling water.

Cool in water in which it was cooked. Remove from water, and peel off outer skin. If desired, finish in any of the ways suggested under Baked Ham and bake 1 hour. Serve whole or cut in thin slices.

*A 10- to 12-pound ham serves 20 to 25.* Half hams may be bought and the size reduced still further by having butcher cut slice off for broiling. Picnic hams (from shoulder) weigh 5 to 6 pounds. Boneless butts weigh 1½ to 2½ pounds and serve 5 to 8.

For variety, cook in part cider or pineapple juice or add to water ½ cup sugar and ½ cup vinegar or 1 onion, 2 stalks celery, 4 cloves, bit of bay leaf, 2 carrots, and a few sprigs of parsley.

## FOREIGN-STYLE HAMS

Imported hams, such as those prepared in Westphalia, Prague, or Poland, are now being imitated in the United States. Polish style hams are served hot or cold with any of the sauces suggested under Baked Ham (p. 327). Slice Westphalian or Prague-style ham very thin and serve as a first course or with a variety of cold meats.

## SMITHFIELD HAM, VIRGINIA HAMS, ETC.

These hams are aged longer than others and need especially careful soaking and scrubbing. If very old and moldy, scrub with a brush and strong yellow soap. Rinse well. Allow about 30 minutes to the pound for cooking. Some Southern cooks allow 10 hours for a large ham. Smithfield hams are drier than country-smoked Virginia hams.

They are usually baked with one of the finishes suggested under Baked Ham.

**FROSTED HAM**

Remove outside skin from a cold, boiled ham and trim off most of the fat, leaving as smooth a surface as possible. Rub over with cracker dust (made from hard crackers, rolled and put through a fine sieve) and spread with Royal Frosting (p. 654). Decorate with frosting (colored pink and green) forced through a pastry bag and tube. Remove to platter, garnish bone with paper frill and bone end with silver skewer stuck with a large truffle between two stuffed olives. Arrange border of small lettuce leaves and watercress.

**BAKED HAM À LA VAN VOAST**

|                                        |                                    |
|----------------------------------------|------------------------------------|
| Ham                                    | 1 teaspoon allspice berries        |
| 6 slices carrot                        | $\frac{1}{2}$ teaspoon peppercorns |
| 6 slices onion                         | 1 cup soft stale bread crumbs      |
| 2 stalks celery                        | 1 cup brown sugar                  |
| 3 sprigs parsley                       | 1 teaspoon mustard                 |
| 1 teaspoon whole cloves                | Vinegar <i>or</i> pineapple juice  |
| 2 cups cider <i>or</i> pineapple juice |                                    |

Cook ham as for Boiled Ham, adding carrot, onion, celery, parsley, cloves, allspice berries, and peppercorns to water. Cool in water in which it has been cooked, take from water, remove skin, and spread with mixture made by combining crumbs, sugar, and mustard with enough vinegar to hold mixture together. Pour cider over it and bake 1 hour in slow oven (300° F.), basting every 10 minutes. Serve hot with Cider Sauce (p. 235).

**BAKED HAM**

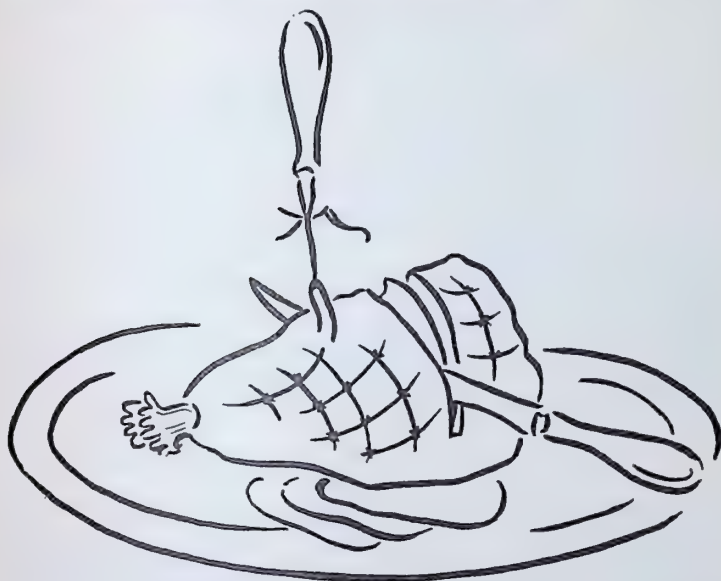
Scrub ham thoroughly with stiff brush. Place, fat side up, in uncovered pan and bake in slow oven (300° F.). A 10- to 12-pound ham requires 25 minutes per pound; larger hams, 20 minutes per pound; half hams, 30 minutes per pound. Take from oven 45 minutes before it is done, remove rind, spread with one of the following, or baste as suggested. Serve hot or cold.

*Spread with one of the following:*

1. 1 cup brown sugar moistened with fat from drippings



2. 1 cup brown sugar mixed with 2 tablespoons flour or  $\frac{1}{4}$  cup fine bread crumbs
3. 1 cup brown sugar and 2 tablespoons vinegar, fruit juice, or cider
4. 1 cup brown sugar, 1 teaspoon dry or prepared mustard, and 1 tablespoon vinegar (or enough to make a paste)



*Carve Center Slices First (Baked Ham)*

*Or baste with one of the following:*

1. Juice 2 oranges,  $\frac{1}{2}$  cup pineapple juice,  $\frac{1}{2}$  cup each white corn sirup and sugar
2. Maple sirup
3. Cider, pineapple juice, mixed fruit juices, strained honey, or half honey and half cherry juice
4. Juice 1 orange, 1 lemon, and 1 cup sugar cooked together 5 minutes
5. Stick in whole cloves; during last 10 minutes, increase heat to brown ham ( $400^{\circ}$  to  $450^{\circ}$  F.).

Serve hot or cold with Raisin Sauce I or II (p. 236), Cider Sauce (p. 235), or Grapejuice Sauce (p. 236), etc.

**BOILED or BAKED CANADIAN BACON**

Select a piece weighing 1 pound or more and follow directions for Boiled or Baked Ham. Allow about 1 hour for boiling and  $1\frac{1}{2}$  hours for baking. Serve cold, sliced thin, or hot with a sauce. Since this cut is solid meat, *1 pound serves 4*.

**PORK SAUSAGES**

Cut apart. Prick with fork. Parboil 5 minutes in boiling water.

Drain, fry in hot pan or broil, turning frequently until brown. Pour off fat frequently. Drain on unglazed paper. Serve with Fried Apple Rings (p. 216) or Pineapple (p. 219) or Sautéed Bananas (p. 54) or arranged on Stewed Apples (p. 53). *One pound serves 4*.

**Sausage Cakes.** Shape sausage meat into flat round cakes. Cook as above but do not parboil.

**Country Style.** Serve on bed of mashed potatoes. Pour over a little of the fat from the pan.

**Baked.** After parboiling, arrange on rack in pan and bake about 25 minutes in moderate oven ( $350^{\circ}$  F.). Sliced apple may be baked in pan under sausages.

**SAUSAGES BAKED IN POTATOES**

Wash and pare potatoes of uniform size. Make hole with apple corer in each. Push in sausage. Place potatoes in baking dish and bake in hot oven ( $450^{\circ}$  F.) until soft. Baste every 10 minutes with drippings.

**SAUSAGE STUFFED PRUNES**

$\frac{1}{2}$  pound large prunes

$\frac{1}{2}$  pound sausage meat

$\frac{1}{2}$  cup soft bread crumbs

Salt, pepper, poultry seasoning

Cook prunes in water to cover until tender, but not soft. Remove pits, fill generously with sausage mixed with crumbs and seasonings. Bake in lightly greased pan in hot oven ( $400^{\circ}$  F.) about 25 minutes or until sausage is well browned. Serve with sauce made with 1 tablespoon fat from pan, 1 tablespoon flour, 1 cup prune juice, 1 tablespoon lemon juice, 1 teaspoon grated lemon rind, and salt to taste. *Serves 4* as main dish or may be used as a garnish on platter with roast turkey.

## FRANKFURTERS

Frankfurters are already cooked. To heat, drop into deep pan of boiling water, cover, bring to boiling point, remove from heat, let stand 5 minutes, and drain. Or, brown slightly in heavy frying pan, lightly buttered.

## HAM LOAF

|                                  |                             |
|----------------------------------|-----------------------------|
| 1 pound smoked ham               | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ pounds fresh pork | 2 eggs, well beaten         |
| $\frac{1}{4}$ teaspoon pepper    | 1 cup milk                  |
| 1 cup cracker crumbs             |                             |

Order ham and pork ground. Add other ingredients. Shape into loaf. Arrange in pan and bake 2 hours in moderate oven ( $350^{\circ}$  F.). During baking, baste frequently with sauce made of  $\frac{1}{3}$  cup brown sugar, 1 tablespoon prepared mustard, and  $\frac{1}{2}$  cup water. *Serves 8.*

**Tomato Ham Loaf.** Add 1 cup tomato juice and 1 cup cornflakes. Set in pan of hot water and bake without basting. Serve with Currant Jelly Sauce (p. 228).

## GERMAN LOAF

|                           |                                 |
|---------------------------|---------------------------------|
| 1 pound ham               | 1 teaspoon pepper               |
| 1 pound fresh pork        | 2 teaspoons curry powder        |
| 1 clove garlic (if liked) | $1\frac{1}{2}$ tablespoons sage |
| 1 small onion             | 1 egg white                     |
| 1 tablespoon salt         | $\frac{1}{2}$ cup cream         |

Force ham, pork, garlic, and onion through food chopper. Add seasonings and again force through food chopper; then add egg white and cream and mix thoroughly. Put 4 strips of uncooked ham fat on center of square of cheesecloth, press mixture into shape, and place over fat. Roll in cheesecloth and tie. Place on trivet in kettle and add 3 quarts of boiling water,  $\frac{1}{4}$  cup vinegar, and 1 teaspoon salt. Cover and simmer  $2\frac{1}{2}$  hours. Drain, cool, and put under a weight. Cut in thin slices for serving. This loaf is similar to sausage.

**HAM AND VEAL LOAF**

|                     |                    |
|---------------------|--------------------|
| 2 pounds smoked ham | 1 cup bread crumbs |
| 1 pound veal        | 2 eggs             |
| 2 cups milk         |                    |

Have meat chopped. Add other ingredients. Shape into loaf. Bake in moderate oven (350° F.) about 2 hours. Serve with Horseradish Sauce II (p. 237), Tomato Sauce (p. 230), or other highly seasoned sauce. *Serves 8 or more.*

**MISS DANIEL'S MEAT LOAF**

|                        |                               |
|------------------------|-------------------------------|
| 1 pound fresh pork     | 1 cup milk                    |
| 1 pound veal           | 1 tablespoon salt             |
| 2 pounds beef          | $\frac{1}{8}$ teaspoon pepper |
| 1 cup bread crumbs     | 3 eggs, slightly beaten       |
| 6 slices fat salt pork |                               |

Chop meat finely, mix, and add remaining ingredients (except salt pork) in order given. Shape in loaf, put in pan, and lay across top 6 thin slices fat salt pork. Roast  $1\frac{1}{2}$  hours in hot oven (400° F.), basting every 10 minutes, at first with  $\frac{1}{2}$  cup hot water and, after that has gone, with fat in pan. Remove to platter, pour around Tomato Sauce (p. 230) or Brown Sauce (p. 228), and garnish with parsley. One small onion, peeled and finely chopped, may be added.

**FORT LINCOLN**

|                                 |                                                |
|---------------------------------|------------------------------------------------|
| $1\frac{1}{2}$ cups cooked pork | 3 tablespoons flour                            |
| Mashed potatoes                 | 1 cup milk                                     |
| 3 slices fat salt pork, cubed   | $\frac{1}{2}$ teaspoon salt, few grains pepper |

Try out salt pork. To 2 tablespoons fat add flour and stir until well blended. Add milk gradually, while stirring constantly, bring to boiling point, season with salt and pepper, and add pork. Make border on serving dish of mashed potatoes and fill with mixture. Garnish, if desired, with parsley and fried potato balls. *Serves 4.*

**SHREDDED HAM, CURRANT JELLY SAUCE**

|                                             |                          |
|---------------------------------------------|--------------------------|
| $\frac{1}{2}$ tablespoon butter             | Few grains cayenne       |
| $\frac{1}{3}$ cup currant jelly             | $\frac{1}{4}$ cup sherry |
| 1 cup cold, cooked ham, cut in small strips |                          |

Melt butter and currant jelly. Add cayenne, sherry, and ham; simmer 5 minutes. *Serves 3 or more as garnish with waffles.*

## SCALLOPED HAM

|                                    |                                           |
|------------------------------------|-------------------------------------------|
| 4 hard-cooked eggs, finely chopped | $\frac{3}{4}$ cup chopped, cooked ham     |
| 2 cups White Sauce (p. 222)        | $\frac{3}{4}$ cup buttered cracker crumbs |

Sprinkle bottom of buttered baking dish with crumbs, cover with half the eggs, then with sauce, then with ham. Repeat. Cover with remaining crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown. *Serves 6.*

## HAM AND EGG PIE

|                                |                       |
|--------------------------------|-----------------------|
| $\frac{1}{2}$ pound cooked ham | Plain Pastry (p. 600) |
| 6 eggs                         | Seasonings            |

Remove fat from ham and cut meat in small cubes. Beat eggs slightly and add ham. Season as desired with few drops Worcestershire sauce or onion juice, etc. Line 8-inch pie tin with pastry, pour in egg and ham mixture, put on top crust, prick with fork, and bake in hot oven (450° F.) for 10 minutes, then reduce to moderate (350° F.) and bake 10 minutes. *Serves 6.*

## HAM TIMBALES I

Make and bake like Chicken Timbales (p. 399), using chopped cooked ham in place of chicken. Serve with Béchamel Sauce (p. 225).

## HAM TIMBALES II

|                           |                               |
|---------------------------|-------------------------------|
| 1 cup stale bread crumbs  | $\frac{1}{2}$ teaspoon salt   |
| 1 cup milk                | $\frac{1}{8}$ teaspoon pepper |
| 4 tablespoons butter      | 2 egg whites, beaten stiff    |
| 1 cup chopped, cooked ham | 2 hard-cooked eggs            |
| Parsley                   |                               |

Cook bread crumbs and milk to a smooth paste. Add butter, ham, salt, and pepper; then cut and fold in egg whites. Bake (*see* Egg Timbales, p. 129). Garnish with slices of hard-cooked egg and sprigs of parsley. *Serves 6.*



### HAM MOUSSE, ALEXANDRIA (CUTLETS OF HAM)

½ pound lean, raw ham, finely chopped  
4 egg whites, unbeaten  
⅛ teaspoon pepper  
Asparagus tips

½ cup cream  
Few gratings nutmeg  
Allemande Sauce (p. 226)  
Parsley

Mix ham and egg whites to a smooth paste. Rub through sieve, add seasonings and cream, a little at a time. Fill slightly buttered cutlet molds. Bake (*see* Egg Timbales, p. 129). Coat with sauce and garnish with asparagus and parsley. *Fills 6 or more molds.*

### PORK AND HAM IN MADE-OVER DISHES

In addition to the recipes listed below, use a bit of chopped ham to give additional flavor to a sandwich filling, stuffing, or mixed vegetable salad.

**Ham à la Breck.** Follow recipe for Lamb à la Breck (p. 343), using ham in place of lamb.

**Cottage Pie (with pork).** Follow recipe for Cottage Pie (p. 317), using cooked pork in place of beef.

**Ham and Spinach Soufflé** (p. 456)

**Chicken and Ham Filling for Rissoles** (p. 619)

**Cold Ham Mousse, Epicurean Sauce** (p. 502)

**Peppers Stuffed with Mushrooms and Ham** (p. 452)

**Scalloped Eggs** (p. 122)

**Ham Omelet** (p. 131)

**Filled Biscuits** (p. 86)

**Chicken and Ham Sandwich Filling** (p. 698)

**Chaud-froid of Eggs** (p. 497)

**Macaroni with Cheese Sauce and Ham** (p. 114)

**Wax Beans** (p. 426)

**Sandwich Fillings** (pp. 694, 696)

### LAMB and MUTTON

**Lamb** is the flesh of immature sheep. *Spring lamb* refers to meat from lambs 3 to 5 months old, and is in season in early spring. *Hothouse lamb* refers to meat from animals bred under artificial

rather than climatic conditions. It is an expensive delicacy, marketed principally from January to March.

**Mutton** comes from sheep about 3 years old. *English South Down mutton* is cut from even older animals.

**To Select Lamb and Mutton.** Flesh should be firm and fine-grained, that of lamb pinkish, deepening to dull brick-red in mutton. The fat should be white, firm, and flaky. Lamb bones are moist, with a definite red color at joint in chops, the leg bone serrated or ridged. Mutton bones are smooth, dry, and white. Good mutton has a larger proportion of fat than good beef.

| ROASTS                                                                                                                                 | STEWES AND POT ROASTS                        | CHOPS                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Leg (may be boned)<br>Loin (roast saddle)<br>Rack (crown roast)<br>Shoulder or chuck<br>Breast (including flank),<br>boned and stuffed | Shoulder or chuck<br>Breast<br>Flank<br>Neck | Loin or kidney (a bit of<br>the tenderloin is at-<br>tached)<br>Shoulder or chuck<br>Rack or rib (for French<br>chops); smaller, ten-<br>derer, than loin chops |

### BROILED LAMB CHOPS

Wipe chops, remove superfluous fat. Loin or kidney chops may be boned, rolled, and wrapped in thin slices of bacon skewered into place.

Place chops in broiler or on broiling rack greased with some of fat cut from chops. Broil under electric grill or flame of gas oven or over live coals. In gas oven, have chops 2 to 3 inches below moderate flame. Sear both sides. Lower flame and cook until done, turning occasionally.

If desired, finish cooking chops in moderately hot oven (375° F.) after searing both sides.

Chops 1½ to 2 inches thick require 20 to 35 minutes. Chops ¾ to 1 inch thick require 8 to 15 minutes. Sprinkle with salt and pepper and spread with softened butter.

**To Serve.** Garnish with watercress, stuffed mushrooms, or broiled tomato slices; or arrange around mound of Mashed Potatoes (p. 409), French-fried Potatoes (p. 413), Green Peas (p. 451), or Turkish

Pilaf (p. 111), etc.; *or* on thin slices of Broiled Ham (p. 324), Fried Eggplant (p. 441), or toast; *or* with any of the following sauces:

|                         |                             |
|-------------------------|-----------------------------|
| Tomato Sauce (p. 230)   | Currant Mint Sauce (p. 237) |
| Mushroom Sauce (p. 228) | Spanish Sauce (p. 229)      |
| Soubise Sauce (p. 227)  | Mint Jelly                  |

Currant Jelly

**Planked Lamb Chops.** Broil and garnish like Planked Steak (p. 301).

**Broiled Mutton Chops** are generally cut 2 inches thick, often with kidney attached. Broil 35 minutes.

### PAN-BROILED CHOPS

Order chops cut 3 to the pound for thick chops.

Rub hissing-hot heavy frying pan with piece of fat. Sear chops quickly on each side, reduce heat, and finish cooking, turning chops frequently, taking care not to pierce surface. Let stand on edge when nearly done to brown outside fat. Pour off excess fat occasionally so that chops will broil, not fry.

Thick chops may finish cooking in moderately hot oven (375° F.) after searing both sides. Slip low rack under chops in pan.

For time required for cooking, *see* Broiled Chops.

**À la Marseilles.** Pan-broil on one side, place in buttered baking dish, cooked side up, cover with Mushroom Sauce (p. 228), and bake 8 minutes in hot oven (450° F.).

**Kernels of Lamb.** Remove firm lean center from chops and sauté 6 to 8 minutes. Sprinkle with salt after 5 minutes. Serve with Currant Mint Sauce (p. 237). *Allow 3 per person.*

**Tournedos of Lamb.** Order 6 kidney lamb chops cut 2 inches thick. Remove fat and bone and skewer lean meat into 6 circular pieces. Coil around each a thinly cut strip of bacon, having bacon overlap 1 inch, and fasten with wooden skewers. Sprinkle with salt and pepper, and pan-broil. Remove to hot platter and garnish with Savory Potatoes (p. 409) and parsley. Serve with mint jelly.

### BREADED LAMB CHOPS

Wipe and trim chops, sprinkle with salt and pepper, roll in flour, dip in egg, then in dry bread crumbs.

**Sautéed.** Sauté in butter 8 minutes. Place in moderately hot oven (375° F.) to finish cooking. To fat in pan add small amount of boiling water and pour around chops.

**Fried.** Heat fat to 385° F. and cook 4 chops at a time for 5 to 8 minutes. Drain. Reheat fat between fryings. After testing fat for temperature, put in chops, and reduce heat, that surface of chops may not be too brown while the inside is still underdone.

**Réformé.** Roll in finely chopped lean raw ham instead of bread crumbs. Use 5 tablespoons ham for 6 chops. Serve with Mushroom Sauce (p. 228) to which 2 gherkins and 1 truffle, cut in thin strips, may be added.

**À la Signora.** Gash French chops on outer edge, cutting halfway through lean meat, insert slice of truffle, and proceed as above. Serve on each a mushroom cap, broiled or baked in cream.

### FILLETS OF LAMB

|                                                       |                                         |
|-------------------------------------------------------|-----------------------------------------|
| 2 pounds lamb from leg, cut<br>in strips 1 inch thick | $\frac{2}{3}$ teaspoon salt             |
| 3 tablespoons olive oil                               | $\frac{1}{2}$ onion, finely chopped     |
| 3 tablespoons vinegar                                 | 1 tablespoon parsley, finely<br>chopped |

Flatten meat with cleaver to be  $\frac{3}{4}$  inch thick. Mix olive oil, vinegar, salt, onion, and parsley. Pour over meat. Cover and let stand overnight or for several hours. Remove pieces of vegetables from fillets and sauté meat in hot frying pan, using as little butter as possible. *Serves 6.*

### KABOBS or LAMB EN BROCHETTE

|                                   |                                |
|-----------------------------------|--------------------------------|
| 1 pound sliced lamb (from leg)    | 3 tomatoes, cut in quarters,   |
| $\frac{1}{2}$ cup French Dressing | not peeled                     |
| 12 mushroom caps                  | 3 slices bacon, cut in squares |
| 3 lamb kidneys, split             |                                |

Cut lamb in 1-inch cubes. Pour over these French Dressing, cover, and let stand several hours. Dip mushrooms and tomatoes in dressing. Arrange all on 6 metal skewers, dividing evenly. Broil about 10 minutes, turning to brown evenly. *Serves 4 or more.*

**BRAISED CHOPS**

Select 6 thick French chops, loin chops, boned and rolled, or mutton chops boned and rolled around kidneys. Wipe meat and sear quickly on both sides. Place in baking dish, sprinkle with salt and pepper, and arrange vegetables on meat. Add 1 cup canned tomatoes or strong stock or consommé. Cover and bake in moderate oven until tender. Serve from baking dish. *Serves 6.*

**Vegetable Combinations**

- (1) 12 potato balls, 12 tiny whole carrots, 6 small onions.
- (2) 3 young artichokes, quartered.
- (3) 12 asparagus tips, 12 potato balls.
- (4) 12 mushroom caps, 3 tomatoes, quartered, 12 potato balls.

**MIXED GRILL (for two)**

|                        |                                        |
|------------------------|----------------------------------------|
| 1 kidney lamb chop     | Tomato, cut in half                    |
| 1 French lamb chop     | 2 cooked potatoes, cut in thick slices |
| 4 slices bacon         |                                        |
| 1 lamb's kidney, split | Maître d'Hôtel Butter (p. 235)         |

Arrange on rack. Brush tomato and potatoes with butter. Sprinkle with salt. Broil. Potatoes may be cooked in broiling pan under bacon. Arrange on platter and pour on Maître d'Hôtel Butter.

**STUFFED LAMB CHOPS**

Wipe and trim chops cut  $1\frac{3}{4}$  inches thick. Split lean meat in half, cutting to bone. Stuff with any desired stuffing (p. 210), press together lightly, dip in crumbs, egg, and crumbs, and cook 30 to 45 minutes in hot oven (450° F.), turning once during cooking. Sausage meat may be used for stuffing.

**Spanish Chops.** Use Mushroom Stuffing (p. 213) and serve with Spanish Sauce (p. 229).

**LAMB CHOPS EN PAPILLOTE**

|                                                |                                      |
|------------------------------------------------|--------------------------------------|
| 6 French chops                                 | 3 common crackers, rolled and sifted |
| Whites 3 hard-cooked eggs, finely chopped      | 3 tablespoons melted butter          |
| Yolks 3 hard-cooked eggs, forced through ricer | Salt, pepper                         |
|                                                | Onion juice to taste                 |

Cover chops with other ingredients, mixed together. Wrap in buttered paper cases. Bake 25 minutes in hot oven (450° F.). Remove from cases and serve garnished with parsley.



## ROAST CROWN OF LAMB

Order Crown of Lamb prepared at market. Have trimmings ground and mixed with sausage meat or combine with bread crumbs and season with salt, pepper, and poultry seasoning. Place cubes of bread and cubes of fat salt pork on alternate bones. Moisten chopped meat with hot water and put in center of crown. Cover with oiled paper. Put in hot oven (450° F.). After 30 minutes, reduce heat to moderate (350° F.) and roast 45 minutes longer. *Allow 2 ribs per person.*

**To Serve Crown of Lamb.** Remove paper, bread, and pork from bones and put a chop frill, if desired, on each bone. Fill center with any of the following:

Mashed Potatoes (p. 409)

Riced Chestnuts (p. 437)

Green Peas (p. 451)

Brussels Sprouts (p. 430) or other vegetables

Watercress

**To Carve Crown of Lamb.** Cut between chops, removing each separately.

## ROAST LOIN OF LAMB

*Allow 2 chops to each person.* Have trimmed in shape or order boned, rolled, and fastened with wooden skewers. Sprinkle with salt and pepper and rub well with flour. Roast 20 minutes in hot oven (450° F.). Then reduce heat to 350° F. and roast 1½ hours longer. Place on platter and put chop frill on each skewer or bone. Carve by cutting between chops. A whole loin includes 14 chops but a smaller roast may be bought.

## INDIVIDUAL ROASTS OF LAMB

Order loin lamb chops cut 2½ inches thick, boned, and wrapped in strips of bacon. Sprinkle with salt and pepper and flour. Roast 10 minutes in hot oven (500° F.), then reduce heat to moderate (350° F.), and roast 20 to 30 minutes longer.

**ROAST LEG OF LAMB**

Select leg of lamb weighing 4 to 5 pounds (*serves 8*), preferably cut to include some of loin. Wipe with damp cloth, sprinkle with salt and pepper, and rub well with flour. Rub with a peeled clove of garlic for additional flavor. Place on rack in open pan, skin side down and cut side up. Roast in hot oven (500° F.) 20 minutes, \*



*Begin Carving a Leg of Lamb in the Center to Cut the Best Slices First*

reduce heat to 300° F., and cook 2 to 2½ hours longer. Do not put water in pan. Basting is usually unnecessary. If fat covering is very thin, lay several strips of bacon on top.

If roast thermometer is used (p. 307) it will register 175° F. for slightly underdone lamb, 182° F. for well-done lamb.

**To Glaze.** Baste during last hour with ½ cup currant or grape jelly in ½ cup boiling water, or with mint-apricot glaze. (Cook 1 cup sugar with 2 cups water and ½ bunch mint 5 minutes, strain, add ⅔ cup cooked sieved apricots, continue cooking until well blended, and add 2 tablespoons butter.)

**Stuffed.** Order lamb boned at market. Stuff with Plain Stuffing (p. 210), seasoned as desired, or Celery Stuffing I or II (pp. 210, 212). Sew opening together or fasten with skewers.

**To Carve Leg of Lamb.** Cut in thin slices at right angle to bone.

**Roast Lamb Gravy.** Make like Roast Beef Gravy (p. 308).

#### **Accompaniments**

Littleton Sauce (p. 234)

Currant Jelly Sauce I or II

Mint Sauce (p. 237)

(pp. 228, 235)

Currant Mint Sauce (p. 237)

Estragon Sauce (p. 228)

Cold Orange Sauce (p. 237)

Mint Jelly

Horse-radish Sauce (p. 237)

Currant Jelly

### **ROAST SADDLE OF LAMB or MUTTON**

Select a loin weighing 6 pounds. Have it dressed at market. Follow directions for Roast Leg of Lamb but reduce roasting time by 30 minutes or roast until thermometer reads 170° F. Turn smooth side up for last half-hour to brown top. Serve with Currant Jelly Sauce I or II (pp. 228, 235) or Currant Mint Sauce (p. 237). *Serves 8 to 12.*

**To Carve Saddle of Lamb or Mutton.** Cut along back bone on either side to loosen meat. Slice at right angles to bone, slipping knife underneath to free from rib bones.

### **ROAST SHOULDER OF LAMB**

Select shoulder weighing 3 to 4 pounds. Order boned. Sprinkle inside of pocket with salt and pepper. Stuff with Plain Stuffing (p. 210), Onion Stuffing (p. 211), or Celery Stuffing (p. 210), etc. Leave flat or roll. Sew edges together. Rub with salt, pepper, and flour. If fat covering is very thin, lay several strips of bacon over top. Follow directions for Roast Leg of Lamb (opposite).

### **ROAST BREAST OF LAMB**

Select breast of lamb including fore shank. Order with bones cracked, to make carving easier. Make pocket by cutting through flesh close to ribs. Sprinkle inside of pocket with salt and pepper, stuff lightly with stuffing made with chopped fore shank seasoned to taste, and sew edges together. Rub with salt, pepper, and flour. Place on rack in open pan, ribs down. If there is not sufficient fat, lay a few slices of bacon over top. Roast in hot oven (450° F.) 20 minutes, reduce heat to 300° F., and cook about 1½ hours longer.

**MOCK DUCK**

Order fore quarter of lamb dressed for Mock Duck. Cover parts representing head and tail with buttered paper. Place on rack in dripping pan, sprinkle with salt and pepper, dredge meat and bottom of pan with flour, and arrange three gashed, thin slices of fat pork on meat and 1 slice cut in pieces in bottom of pan. Roast in hot oven (450° F.) 20 minutes, reduce heat to 300° F., and cook 2 to 2½ hours longer. Baste occasionally if necessary. Remove string, paper, and skewers, place on serving dish, and serve with brown gravy made from fat in pan. *Serves 10.*

**BOILED LEG OF MUTTON**

Wipe meat, place in kettle, and cover with boiling water. Bring quickly to boiling point, boil 5 minutes, and skim. Reduce heat and simmer until meat is tender. When half done, add 1 tablespoon salt. Serve with Caper Sauce (p. 226) or add to 2 cups White Sauce (p. 222) (made of half milk and half mutton stock), 2 hard-cooked eggs cut in slices.

The French call this dish "Poached Leg of Mutton" and consider it a great delicacy with a well-seasoned caper sauce.

**BRAISED LEG OF MUTTON**

|                                 |                         |
|---------------------------------|-------------------------|
| Leg of mutton (boned at market) | 1 sprig thyme           |
| ½ cup butter                    | 1 sprig parsley         |
| 1 slice onion                   | 3 cups hot water        |
| 1 slice carrot                  | 1½ teaspoons salt       |
| 1 slice turnip                  | 4 tablespoons flour     |
| ½ bay leaf                      | Plain Stuffing (p. 210) |

Wipe meat, stuff, sew, and place in deep pan. Melt ¼ cup butter, add onion, carrot, turnip, bay leaf, thyme, and parsley. Cook 5 minutes. Add hot water, salt, and peppercorns; pour over mutton. Cover closely and cook 3 hours in slow oven (250° F.), uncovering for the last half-hour. Remove from pan to hot platter. Brown remaining butter, add flour, and stir until well browned; then pour on slowly the strained liquor; there should be 1¾ cups. *Serves 10 or more.*

## BREAST OF LAMB

|                                    |                                       |
|------------------------------------|---------------------------------------|
| Breast of lamb                     | $\frac{1}{2}$ teaspoon salt           |
| Bouquet of sweet herbs             | $\frac{1}{2}$ teaspoon peppercorns    |
| 1 small onion, stuck with 6 cloves | $\frac{1}{4}$ cup carrot, cut in dice |
|                                    | $\frac{1}{4}$ cup turnip, cut in dice |

Put lamb in kettle with vegetables and seasonings. Cover with boiling water and simmer until bones will slip out easily. Take meat from water, remove bones, and press under weight. When cool, trim in shape. Crumb and fry (*see* p. 415). Serve with Spanish Sauce (p. 229). *Serves 6.*

## LAMB EN CASSEROLE

|                                                                              |                                 |
|------------------------------------------------------------------------------|---------------------------------|
| 2 pounds lamb, cut in 1-inch cubes<br>(for suitable cuts, <i>see</i> p. 333) | 1 cup potato balls              |
| Salt and pepper                                                              | 2 cups Brown Sauce (p. 228)     |
| $\frac{3}{4}$ cup carrot, cut in strips, par-boiled 15 minutes               | 12 small cooked onions          |
|                                                                              | 1 cup cooked string beans       |
|                                                                              | 1 teaspoon Worcestershire sauce |

Put lamb in hot frying pan and turn frequently until seared and browned on all sides. Season with salt and pepper and bake in covered casserole 20 minutes, or until tender, in moderately hot oven (375° F.). Add carrots, potato balls, Brown Sauce, and pepper to taste. Cook until potatoes are soft, then add onions, string beans, and Worcestershire sauce. Serve from casserole dish. *Serves 6.*

## FRICASSEE OF LAMB

|                                                                                       |                                                                                                                |
|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 2 pounds lamb, cut in pieces for<br>serving (for suitable cuts, <i>see</i><br>p. 333) | Flour                                                                                                          |
| Salt and pepper                                                                       | $1\frac{1}{2}$ cups Espagnole Sauce (p. 229)<br>made with liquor in which meat<br>was cooked (all fat removed) |

Wipe meat, cover with boiling water, and cook slowly until tender. Remove from water, cool, sprinkle with salt and pepper, dredge with flour, and sauté in butter or mutton fat. Arrange on platter, and pour sauce around meat. It is better to cook meat the day before serving, that fat may be more easily removed. *Serves 6.*



### IRISH STEW WITH DUMPLINGS

|                                                                 |                                                   |
|-----------------------------------------------------------------|---------------------------------------------------|
| 3 pounds lamb, cut in pieces<br>(for suitable cuts, see p. 333) | 4 cups potatoes, in $\frac{1}{4}$ -inch<br>slices |
| $\frac{1}{2}$ cup carrots                                       | $\frac{1}{4}$ cup flour                           |
| $\frac{1}{2}$ cup turnip                                        | Salt and pepper                                   |
| 1 onion, sliced                                                 | Dumplings (p. 312)                                |

Put meat in kettle, cover with boiling water, and cook slowly 2 hours or until tender. After cooking 1 hour add carrot, turnip, and onion. Half an hour before serving add potatoes. Thicken with flour, mixed with  $\frac{1}{4}$  cup cold water. Season with salt and pepper. Serve with dumplings. *Serves 8 generously.*

### LAMB or MUTTON CURRY

|                                                                                |                                               |
|--------------------------------------------------------------------------------|-----------------------------------------------|
| 3 cups lamb or mutton, cut in 1-inch<br>pieces (for suitable cuts, see p. 333) | 4 tablespoons flour                           |
| $\frac{1}{2}$ teaspoon peppercorns                                             | $\frac{1}{2}$ teaspoon curry powder (or more) |
| 1 sprig thyme                                                                  | $\frac{1}{2}$ teaspoon salt                   |
| 1 sprig parsley                                                                | $\frac{1}{8}$ teaspoon pepper                 |
| 4 tablespoons butter                                                           | $\frac{1}{2}$ lemon, juice and grated rind    |
| 2 onions, cut in slices                                                        | $\frac{1}{2}$ cup seedless raisins            |
| 1 large green apple, peeled, cored,<br>and sliced                              | 2 whole cloves                                |
|                                                                                | Cold water                                    |
|                                                                                | Boiling water                                 |

Cover meat with cold water. Bring quickly to boiling point. Drain in colander and pour over 1 quart cold water. Return meat to kettle, cover with 1 quart boiling water, add peppercorns, thyme, and parsley. Simmer until meat is tender, remove meat, strain liquor. Melt butter, add apple and onion, and sauté until golden yellow. Add flour mixed with curry powder, salt, and pepper. When well blended, pour on slowly strained liquor. Bring to boiling point and add lemon, raisins, and cloves. Serve with steamed rice. Pass chutney. *Serves 6.*

### RÉCHAUFFÉ OF LAMB

|                                |                 |
|--------------------------------|-----------------|
| Brown Sauce (p. 228), Currant  | Cold Roast Lamb |
| Jelly Sauce (p. 228), or gravy |                 |

Cut meat in slices or in neat cubes, discarding bits of fat and gristle. Reheat in sauce but do not allow to boil. Serve on toast or in border of cooked rice. For additional flavor, add to each cup of sauce  $\frac{1}{2}$  tablespoon finely chopped onion cooked in 2 tablespoons butter, a few sliced mushrooms or olives.

**With Curry.** To 1 cup of sauce add  $\frac{1}{4}$  teaspoon curry powder and  $\frac{1}{4}$  teaspoon dry mustard or prepared mustard to taste.

**Barbecued.** Melt 3 tablespoons butter, add 1 tablespoon vinegar,  $\frac{1}{4}$  cup currant jelly, teaspoon prepared mustard, and salt and cayenne to taste. Use in place of Brown Sauce or gravy.

### MINCED LAMB or MUTTON

|                                         |                                    |
|-----------------------------------------|------------------------------------|
| 2 cups chopped cooked lamb<br>or mutton | Salt                               |
| Yolks 6 hard-cooked eggs                | Cayenne                            |
| $\frac{3}{4}$ teaspoon prepared mustard | 1 cup cream                        |
|                                         | $\frac{1}{4}$ cup wine, if desired |

Mash egg yolks, season with mustard, salt, and cayenne. Add cream and meat. Heat thoroughly. Season if desired with cooking wine. *Serves 6.*

### LAMB À LA BRECK

|                                    |                          |
|------------------------------------|--------------------------|
| 1 cup finely chopped cooked lamb   | Few drops onion juice    |
| $\frac{1}{2}$ teaspoon salt        | 1 cup boiled macaroni    |
| $\frac{1}{8}$ teaspoon celery salt | $1\frac{1}{2}$ cups milk |
| $\frac{1}{8}$ teaspoon pepper      | 2 eggs, slightly beaten  |

Put macaroni in buttered baking dish. Cover with lamb to which seasonings have been added. Add milk to eggs and pour over. Bake in moderate oven (350° F.) until firm. *Serves 4 to 6.*

**With Tomato Sauce.** In place of eggs and milk, pour over  $1\frac{1}{2}$  cups Tomato Sauce (p. 230). Sprinkle with buttered crumbs.

### CASSEROLE OF RICE AND LAMB

|                                                |                                  |
|------------------------------------------------|----------------------------------|
| 2 cups finely chopped cooked<br>lamb or mutton | Onion juice <sup>1</sup>         |
| 2 cups Steamed Rice (p. 110)                   | Lemon juice                      |
| Salt, pepper, cayenne                          | $\frac{1}{4}$ cup cracker crumbs |
| Celery salt                                    | 1 egg, slightly beaten           |
|                                                | Hot water or stock to moisten    |

Line slightly buttered mold with rice. Season meat to taste, add other ingredients, and fill center of mold. Cover with rice. Cover rice with buttered paper and steam 45 minutes. Serve with Tomato Sauce (p. 230). *Serves 6.*

**ZUCCHINI STUFFED WITH LAMB**

Select small even Italian squash or zucchini. Make hole lengthwise with apple corer. Mix chopped cooked lamb with cooked rice, season highly, moisten with gravy or sauce, and fill cavities of squash. Arrange in casserole and pour on Tomato Sauce. Bake in hot oven (425° F.) until squash is tender.

**LAMB CROQUETTES**

|                                          |                                            |
|------------------------------------------|--------------------------------------------|
| 1 tablespoon finely chopped onion        | 1 cup cold cooked lamb, cut in small cubes |
| 2 tablespoons butter                     | $\frac{2}{3}$ cup boiled potato cubes      |
| $\frac{1}{4}$ cup flour                  | Salt and pepper                            |
| 1 cup Brown Stock (p. 178) or lamb gravy | 1 teaspoon finely chopped parsley          |

Fry onion in butter 5 minutes, then remove onion. To butter add flour and stock and cook 2 minutes. Add meat, potato, salt, and pepper. Simmer until meat and potato have absorbed sauce. Add parsley and spread on shallow dish to chill. Shape, crumb, and fry (p. 415). Serve with Tomato Sauce (p. 230). *Serves 6.*

**VEAL**

**Veal** is the flesh of a young calf killed when 6 to 8 weeks old.

Good veal is less firm than beef. It is almost white, with a delicate pinkish tinge. The fat is firm and white with slight pinkish tint.

Veal requires long, slow cooking because of the large proportion of connective tissues. Being deficient in fat and having but little flavor, pork or butter should be added while cooking and more seasoning is required than for other meats.

| ROASTS                                                    | CUTLETS      | CHOPS       | STEWs                                            | SOUP,<br>VEAL LOAF |
|-----------------------------------------------------------|--------------|-------------|--------------------------------------------------|--------------------|
| Leg<br>Loin<br>Rib<br>Rump<br>Breast<br>Shoulder<br>Chuck | Leg<br>Chuck | Loin<br>Rib | Breast<br>Shoulder<br>Knuckle<br>Shanks<br>Flank | Shanks             |

### VEAL CUTLETS

Use slices of veal  $\frac{1}{2}$  inch thick (from leg). Wipe, remove bone and skin, then cut in pieces for serving. The long irregular-shaped pieces may be rolled and fastened with small wooden skewers. Sauté in butter or olive oil until evenly browned. Sprinkle with salt and pepper, surround with stock, or water seasoned with meat extract or Tomato Sauce (p. 230) or Brown Sauce (p. 228). Cover closely and bake 35 minutes in slow oven (300° F.), or cook slowly on top of stove. Strain sauce over meat. Season sauce with sherry or Marsala, if desired.

**Aux Fines Herbes.** Sprinkle with chopped parsley and chives, using 1 teaspoon chives to 3 tablespoons parsley. Season with lemon juice.

**With Mushrooms.** Add sliced sautéed mushrooms to sauce or cut 1 pound veal in 3-inch squares, sauté in butter, a few at a time, with  $\frac{1}{4}$  pound sliced mushrooms. When all are cooked, return to pan and add  $\frac{1}{2}$  cup heavy cream. Heat, season, and serve.

**Italian.** Sauté about 15 minutes in olive oil to which has been added a cut clove of garlic and 2 sprigs of parsley. Drain. Spread with Italian tomato paste, cooked until well browned, sprinkle with grated Parmesan cheese, and broil until cheese melts.

### BREADED VEAL CUTLETS

Prepare as for Veal Cutlets above. Sprinkle with salt and pepper; dip in flour, egg, and crumbs, and sauté slowly, until well browned, in salt pork fat or butter.

Veal may be cooked first in boiling water until tender, then crumbed and fried. The water in which veal was cooked may be used in making sauce, or stock can be made from bones and trimmings.

Arrange on hot platter, pour Tomato (p. 230), Mushroom (p. 228), or Brown (p. 228) Sauce around cutlets, and garnish with parsley.

**À la Milanaise.** Dip in butter, grated Parmesan cheese, egg and crumbs, and sauté.

**Wiener Schnitzel.** Sauté breaded cutlets. For 1 pound meat, add  $\frac{1}{2}$  cup sour cream and 1 teaspoon paprika. Cook slowly, covered, until meat is tender.

## VEAL CHOPS BAVARIAN

|                             |                                    |
|-----------------------------|------------------------------------|
| 6 loin chops                | 2 stalks celery                    |
| $\frac{1}{2}$ onion, sliced | $\frac{1}{2}$ teaspoon peppercorns |
| 8 slices carrot             | 4 cloves                           |
| 2 tablespoons butter        |                                    |

Put chops and other ingredients in saucepan, cover with boiling water, cook slowly until tender. Drain (reserving liquid), season meat with salt and pepper, dip in flour, egg, and crumbs, fry in deep fat (385° F.), and drain on brown paper. Arrange chops on hot serving dish. Surround with boiled macaroni mixed with Soubise Sauce (p. 227). *Serves 6.*

## VEAL HOLSTEIN

|                                                       |                                          |
|-------------------------------------------------------|------------------------------------------|
| 2 slices veal, $\frac{1}{2}$ inch thick<br>(from leg) | 4 tablespoons pork fat                   |
| Salt, pepper                                          | 2 tablespoons butter                     |
|                                                       | $1\frac{1}{2}$ cups Brown Sauce (p. 228) |

Wipe and trim veal, cut in 6 pieces for serving, flatten by pounding with wooden potato masher or edge of heavy saucer or plate. Sprinkle with salt and pepper. Dip in crumbs or flour, then egg, and then crumbs. Sauté in hot frying pan in pork fat and butter until well browned. Place over low heat, pour on Brown Sauce, cover, and simmer until meat is tender (1 to  $1\frac{1}{2}$  hours). Strain sauce around cutlets. *Serves 6.*

Garnish each with a poached egg. Around dish arrange thin slices of cucumber pickles, and cooked beets cut in fancy shapes, sliced lemon sprinkled with finely chopped parsley, and olives stuffed with capers and anchovies. (*Traditional German service.*)

## VEAL CUTLETS, CLARET SAUCE

|                                  |                                          |
|----------------------------------|------------------------------------------|
| 2 pounds veal cut in thin slices | $1\frac{1}{2}$ cups Brown Stock (p. 178) |
| Salt and pepper                  | or consommé                              |
| 1 cup claret                     | Juice 1 lemon                            |
| Flour                            | 2 sprigs parsley                         |

Pound veal until  $\frac{1}{4}$  inch thick and cut in pieces for serving. Sprinkle with salt and pepper, put in baking pan, pour on claret, and let stand 30 minutes. Drain, dip in flour, arrange in buttered pans, and pour on remaining ingredients and claret which was drained from meat. Cover and cook slowly until meat is tender.



Remove to serving dish and pour over it sauce remaining in pan.  
*Serves 6.*

**Scallopini of Veal.** Use Marsala in place of claret.

### VEAL AND ALMOND PATTIES

|                               |                      |
|-------------------------------|----------------------|
| 1½ pounds veal                | 1 cup broth          |
| 1 slice bread, 2 inches thick | 2 tablespoons butter |
| ¼ cup almonds, sliced         |                      |

Cover veal with water, add salt, and cook slowly 30 minutes. Drain, reserving broth, and chop fine. Mix bread, broken in pieces, 1 cup broth and butter, and cool. Add meat and almonds. Shape in flat oval patties about 2½ inches long. Chill. Dip in egg and cracker crumbs. Sauté in butter. Serve with Mushroom Sauce (p. 228).  
*Serves 6.*

### VEAL PATTIES EN CASSEROLE

|                                       |                           |
|---------------------------------------|---------------------------|
| 1 pound lean raw veal, finely chopped | ½ cup rich milk           |
| 2 ounces finely chopped fat salt pork | ½ teaspoon salt           |
| ⅔ cup soft bread crumbs               | ⅛ teaspoon pepper         |
| 2 eggs, slightly beaten               | 1½ tablespoons butter     |
| ⅓ cup flour                           | ¾ cup Veal Stock (p. 180) |

Mix all ingredients (except butter and stock) thoroughly. Form into 8 elliptical-shaped pieces, arrange in baking dish, dot over with butter, and pour stock around veal. Cover and bake 1 hour in moderate oven (350° F.), basting every 10 minutes of the cooking. Remove to hot serving dish and surround with White Sauce (p. 222), Brown Sauce (p. 228), Mushroom Sauce (p. 228), or Tomato Sauce (p. 230).

### VEAL CURRY

|                                       |                           |
|---------------------------------------|---------------------------|
| 1½-pound slice of veal (½ inch thick) | ½ tablespoon curry powder |
| 2 sliced onions                       | Flour                     |
| ½ cup butter                          | 1 teaspoon vinegar        |

Steamed Rice (p. 110)

Sear veal quickly on both sides in frying pan without butter. Cut in 1½-inch pieces. Fry onions in butter until brown, remove onions, and add meat and curry powder, then cover with boiling water. Cook slowly until meat is tender. Thicken with flour diluted with enough cold water to pour easily; then add vinegar. Serve with border of steamed rice cooked very dry. *Serves 4 to 6.*

## VEAL BIRDS

|                                                 |                                                          |
|-------------------------------------------------|----------------------------------------------------------|
| 1 slice veal from leg (cut as thin as possible) | Butter                                                   |
| 1-inch cube fat salt pork, finely chopped       | 1 cup cream <i>or</i>                                    |
| Fine cracker crumbs                             | Brown Sauce (p. 228) <i>or</i> Thin White Sauce (p. 222) |
| 1 egg, slightly beaten                          | Salt, pepper, cayenne, poultry seasoning, lemon juice,   |
| Hot water <i>or</i> stock                       | onion juice                                              |

Wipe veal, remove bone, skin, and fat. Pound until  $\frac{1}{4}$  inch thick and cut in pieces 4 inches long by 2 inches wide, each piece making a bird. Chop trimmings of meat, add salt pork, measure, and add half as much crumbs. Season to taste. Moisten with beaten egg and hot water or stock. Spread thinly on center of each piece of veal. Roll and fasten with skewers. Sprinkle with salt and pepper, dredge with flour, and sauté in hot butter until a golden brown. Put in stewpan, add cream or sauce to half cover meat, cook slowly 20 minutes or until tender. Serve on small pieces of toast, strain sauce in pan over birds and toast, and garnish with parsley. Birds may be cooked in covered casserole dish in hot oven (400° F.). *Serves 4 to 6.*

## BLANQUETTE OF VEAL

|                                               |                               |
|-----------------------------------------------|-------------------------------|
| 3-pound breast of veal, cut in 2-inch squares | $\frac{1}{2}$ bay leaf        |
| 6 small white onions                          | 1 sprig thyme                 |
| 4 sprigs parsley                              | 2 cloves                      |
| 1 stalk celery with tops                      | 1 teaspoon salt               |
|                                               | $\frac{1}{4}$ teaspoon pepper |

## For Sauce

|                      |               |
|----------------------|---------------|
| 3 tablespoons butter | 3 egg yolks   |
| 3 tablespoons flour  | Juice 1 lemon |
| Few grains nutmeg    |               |

Cover veal with cold water, let stand 1 hour, and drain. Cover with fresh water, add other ingredients, and cook 40 minutes. Remove veal. Melt butter, add flour, stir well, and add 3 cups strained broth in which veal was cooked; cook 5 minutes. Beat yolks with lemon juice and nutmeg and just before serving add sauce slowly. Arrange veal in serving dish and pour sauce over it. *Serves 6.*

**With Vegetables.** Add cooked vegetables (12 tiny whole carrots,  $\frac{1}{2}$  pound sliced mushrooms, 12 potato balls, etc.) or serve on platter.

## VEAL OLIVES

|                                   |                 |
|-----------------------------------|-----------------|
| 2 pounds veal from leg,           | Bacon           |
| cut in $\frac{1}{4}$ -inch slices | Salt and pepper |

Cut veal in pieces  $2 \times 4$  inches. Lay piece of bacon on each, having bacon extend beyond veal. Roll and fasten with small skewers (toothpicks). Brown entire surface in bacon fat. Season. Put in baking dish, add hot water to half depth of meat, cover, and bake until tender. Make Brown Sauce (p. 228) with stock remaining in dish. *Serves 6.*

## LOIN OF VEAL À LA JARDINIÈRE

|                      |                            |
|----------------------|----------------------------|
| 4-pound loin of veal | Hot water                  |
| Salt, pepper         | 2 cups cooked turnips      |
| Flour                | 2 cups cooked carrots      |
| 4 tablespoons butter | 2 cups cooked potato balls |

Wipe veal, sprinkle with salt and pepper, and dredge with flour. Melt butter in deep stewpan. Add veal and brown entire surface of meat, watching carefully and turning often that it may not burn. Add 1 cup hot water, cover closely, and cook slowly 2 hours, or until meat is tender, adding more water as needed, using in all about 3 cups. Remove meat, thicken stock remaining in pan with flour diluted with enough cold water to pour easily. Surround the meat with turnips, carrots, and potato balls. Pass gravy. *Serves 8.*

## ENGLISH VEAL PIE

|                  |                                    |
|------------------|------------------------------------|
| Knuckle of veal  | Blade of mace                      |
| 1 slice onion    | 2 teaspoons sal                    |
| 1 slice carrot   | $\frac{1}{2}$ pound lean raw ham   |
| Bit of bay leaf  | 4 tablespoons flour                |
| Sprig of parsley | 4 tablespoons butter               |
| 12 peppercorns   | 2 dozen oysters, hard part removed |

Remove meat from bones. Cover bones with cold water, add vegetables and seasonings, and heat slowly to boiling point. Add meat, boil 5 minutes, and simmer until meat is tender; remove meat and reduce stock to 2 cups. Put ham in frying pan, cover with lukewarm water, and let stand 1 hour. Brown butter, add flour, and when well browned add stock; then add veal and ham, each cut in cubes. Simmer 20 minutes and add oysters. Put in serving dish and just before sending to table, cover with plain or Puff-paste top, baked separately. *Serves 8 or more.*

**ROAST VEAL**

For suitable cuts, see p. 344. Order leg boned at market.

Wipe meat, sprinkle with salt and pepper, stuff, and sew in shape. For additional flavor, rub lightly with cut clove of garlic or make shallow gashes in roast and squeeze into them a very little anchovy paste. Place on rack in dripping pan, dredge with flour, and place strips of fat salt pork around meat. Sear 15 minutes in very hot oven (525° F.), then reduce heat to 300° F. Roast 35 minutes to the pound. *Shoulder* may require somewhat longer. Baste every 15 minutes, adding water if necessary.

If roast thermometer (p. 307) is used, it should read 170° F.

Serve with Brown Gravy (p. 228) made with fat in pan and milk or water. Add finely chopped parsley.

**FRICANDEAU OF VEAL**

Lard a cushion of veal (thickest part of leg) and roast or braise.

**STUFFED CUSHION OF VEAL**

Order a 5-pound cushion of veal (from upper part of leg). Wipe, stuff with Mushroom Stuffing (p. 213), and truss. Sear veal in  $\frac{1}{2}$  cup butter in hot frying pan until well browned, turning frequently with 2-tined fork to avoid piercing. Cover and bake in hot oven (400° F.)  $1\frac{1}{2}$  to 2 hours. Remove to hot platter, garnish with parsley, and serve with Brown Mushroom Sauce (p. 228) made with fat in pan.

**LOIN OF VEAL, ALLEMANDE**

|                                             |                                      |
|---------------------------------------------|--------------------------------------|
| Loin of veal (ribs and flank attached)      | 1 egg yolk                           |
| $\frac{1}{3}$ cup beef suet, finely chopped | 1 tablespoon tomato catsup           |
| $\frac{3}{4}$ cup stale bread crumbs        | $\frac{1}{8}$ teaspoon grated nutmeg |
| $\frac{3}{4}$ cup milk                      | Salt, pepper, cayenne to taste       |
| 3 tablespoons butter                        | 4 slices fat salt pork               |
| 1 egg, slightly beaten                      | Flour                                |
|                                             | $\frac{1}{2}$ cup sour cream         |

Remove meat nearest backbone in one piece.

Remove meat from flank, discarding skin, and put through food chopper; there should be  $\frac{1}{8}$  cup. Add beef suet and mix thoroughly. Cook bread crumbs with milk until reduced to thick paste. Add

butter, egg, egg yolk, tomato catsup, nutmeg, and salt, pepper, and cayenne to taste. Add to chopped meat, shape in loaf, roll in crumbs, egg, and crumbs.

Arrange salt pork lengthwise of center of dripping pan. Place on pork the long rib bones (which have been removed), on bones the meat roll, and over roll the piece of meat. Sprinkle with salt and pepper, dredge meat and bottom of pan with flour, and over meat arrange pieces of fat salt pork. Bake 2 hours in slow oven (300° F.). After flour in pan browns, baste every 10 minutes, using fat in pan and 2 cups stock, made from bones and trimmings. During last half-hour of cooking, pour over cream. Serve with brown gravy made from fat in pan. *Serves 8.*

### VEAL LOAF I

|                                  |                                   |
|----------------------------------|-----------------------------------|
| Knuckle of veal, sawed in pieces | Salt and pepper                   |
| 1 pound lean veal                | 3 hard-cooked eggs, thinly sliced |
| 1 onion                          |                                   |
| 4 tablespoons chopped parsley    |                                   |

Cover knuckle and lean meat with boiling water. Add onion, cook slowly until meat is tender. Drain, chop meat finely, and season highly with salt and pepper. Garnish bottom of mold with egg slices and parsley. Put in layer of meat, layer of egg slices, sprinkle with parsley, and cover with remaining meat. Pour over liquor, which should be reduced to 1 cupful. Press, chill, and garnish with parsley.

### VEAL LOAF II

|                                       |                           |
|---------------------------------------|---------------------------|
| 3 pounds lean veal                    | 2 tablespoons lemon juice |
| ½ pound fat salt pork, finely chopped | 1 teaspoon salt           |
| 6 common crackers, rolled             | ½ teaspoon pepper         |
| 4 tablespoons cream                   | Few drops onion juice     |
|                                       | 1 egg white               |
| ¼ cup pork fat                        |                           |

Wipe veal and remove skin and membrane. Chop finely or force through food chopper. Add salt pork, crackers, cream, lemon juice, salt, pepper, and onion juice. Pack in small bread pan, smooth evenly on top, brush with egg white, and bake slowly 3 hours in slow oven (300° F.), basting with ¼ cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Cool, remove from pan, and cut in thin slices for serving.



**BRAISED SHOULDER OF VEAL**

5-pound shoulder of veal, boned

Plain Stuffing *or* New England Stuffing (pp. 210, 211)

Stuff veal and sew in shape. Follow recipe for Braised Beef (p. 310), adding 2 sprigs thyme and 1 sprig marjoram to vegetables. *Serves 10.*

**VEAL IN MADE-OVER DISHES**

Cooked veal may be prepared in any of the ways suggested for cooked lamb (pp. 342 ff.).

**VEAL CROQUETTES**

2 cups chopped, cooked veal

$\frac{1}{2}$  teaspoon salt

$\frac{1}{8}$  teaspoon pepper

1 cup Thick White Sauce (p. 222)

Few grains cayenne

Few drops onion juice

1 egg yolk

Combine ingredients. Shape, crumb, fry, and drain (p. 415).  
*Makes 12 or more.*

**VEAL TIMBALES**

$1\frac{1}{2}$  cups cold, cooked veal

3 egg yolks, slightly beaten

$\frac{1}{2}$  cup heavy cream

$\frac{1}{8}$  cup white cooking wine

$\frac{1}{2}$  teaspoon salt

Few grains paprika

3 egg whites, beaten until stiff

1 cup White Sauce (p. 222)

$1\frac{1}{2}$  tablespoons chopped truffle

*or* mushrooms

Put veal twice through food chopper. Pound in mortar, adding gradually egg yolks, cream, wine, and seasonings. Cut and fold in egg whites.

Butter individual molds and fill  $\frac{1}{4}$  full of sauce, to which truffles or mushrooms have been added. Fill with veal mixture; set in pan of hot water, cover with buttered paper, and bake until firm in moderate oven (350° F.). Remove from molds to hot serving dish, when sauce will run down sides of timbales. *Serves 6.*

**VEAL TETRAZZINI**

Arrange layer of fine noodles, cooked, in shallow baking dish, cover with minced veal, pour over gravy seasoned with anchovy paste and sprinkle thickly with grated Parmesan cheese. Bake or broil until cheese melts.

**RAGOÛT OF VEAL**

2 cups cooked veal, cut in cubes  
1½ cups Brown Sauce (p. 228) or  
veal gravy

1 teaspoon Worcestershire sauce  
Few drops onion juice  
Few grains cayenne

Reheat veal in sauce, season to taste, adding claret or Marsala, if liked. Vary by adding sliced sautéed mushrooms, tiny whole onions, sliced olives, etc. *Serves 4.*

**BRAINS**

Brains of calves, lambs, and sheep are used and are delicate in flavor.

**To Prepare.** Wash, remove arteries and membranes, and soak 1 hour in cold water to cover. Drain, cover with ½ rule for Court Bouillon (p. 244) or with boiling salted water with 1 tablespoon vinegar added. Bring to boiling point, then simmer until tender (15 to 30 minutes). Drain, slice, or separate into pieces.

**To Serve.** Serve with Black Butter (p. 234), Mushroom Sauce (p. 228), or Tomato Sauce (p. 230).

**Sautéed with Bacon.** Slice cooked brains and sauté in bacon fat until delicately brown. Serve with crisp bacon and watercress.

**À la York.** Press cooked brains under weight. When cold, cut in small cubes, add ½ cup sherry, cover, and let stand 1 hour. Peel and slice ¼ pound mushroom caps and sauté in 2 tablespoons butter. Add to 1½ cups White Sauce made with cream. Add brains, reheat, and season with salt, paprika, and cayenne.

**Scrambled.** Melt 4 tablespoons butter in heavy frying pan and add cooked brains, cut in pieces, 4 hard-cooked eggs, chopped, 2 eggs, beaten, 1 teaspoon salt, ¼ teaspoon pepper, 1 tablespoon Worcestershire sauce, and 2 tablespoons tomato catsup. Cook and stir until thoroughly heated. Serve on toast.

**Calf's Brain Fritters.** Let cool in cooking water, drain, dry between towels, and separate into pieces. Add 1 teaspoon baking powder to ½ rule for Batter (p. 424) and add brains. Melt cooking fat to depth of 1 inch in heavy frying pan. Arrange muffin rings in fat and put spoonful of mixture in each. Cook on one side until well browned, turn, cook other side. Serve with Sauce Finiste (p. 231).

**CALF'S HEAD À LA TERRAPIN**

1 calf's head

Velouté Sauce (p. 226)

Wash and clean head. Cook until tender in boiling water to cover. Cool and cut meat from cheek in small cubes. To 2 cups meat add 1 cup sauce. *Serves 6.*

**HEARTS**

The hearts of calves, beef, sheep, and lambs are used, but calves' hearts are considered the choicest. Cut out any hard parts. Wash in cold water. Soak beef heart in cold water 1 hour.

**Boiled.** Simmer in salted water until tender. Split, remove fat, veins, and arteries. Chop. Season to taste and serve on toast.

**Sautéed.** Split, remove fat, veins, and arteries, slice  $\frac{1}{2}$  inch thick, and soak 1 hour in salted cold water. Sprinkle with flour or crumbs and sauté slowly in butter (about 15 minutes).

Calves' hearts weigh about 1 pound, beef hearts  $3\frac{1}{2}$  to 4 pounds. Sheep and lamb hearts weigh  $\frac{1}{2}$  pound or less. Since they are almost solid meat, allow  $\frac{1}{3}$  to  $\frac{1}{2}$  pound per person.

**STUFFED CALF'S HEART**

Wash, split, remove veins, arteries, and clotted blood. Stuff with half quantity of Plain Stuffing (p. 210), highly seasoned with sage, and sew edges of meat together. Sprinkle with salt and pepper, roll in flour, and brown in hot bacon fat. Place in small, deep baking pan, half cover with boiling water, cover closely, and bake 2 hours in slow oven ( $250^{\circ}$  F.), basting every 15 minutes. Add more water if necessary. Remove heart from pan. Thicken liquor with flour diluted with small quantity of cold water, season with salt and pepper, and pour around heart. *One heart (about 1 pound) serves 3 or 4.*

**With Fruit.** For 2 hearts, soak  $\frac{1}{2}$  cup dried prunes and  $\frac{1}{2}$  cup dried apricots. Remove pits from prunes. Sprinkle cavity in hearts with salt and stuff with fruit.

**STUFFED HEARTS WITH VEGETABLES**

|                            |                                          |
|----------------------------|------------------------------------------|
| 2 calves' hearts           | 2 sprigs parsley                         |
| Plain Stuffing (p. 210)    | 4 slices carrot                          |
| Fat salt pork              | 2 slices turnip                          |
| Salt                       | Bit of bay leaf                          |
| Pepper                     | 2 cloves                                 |
| Flour for dredging         | $\frac{1}{4}$ teaspoon peppercorns       |
| 1 stalk celery             | $1\frac{1}{2}$ cups Brown Stock (p. 178) |
| 1 tablespoon chopped onion | or consommé                              |

Wash, split, remove veins and arteries, stuff, skewer into shape, lard, season with salt and pepper, dredge with flour, and sauté in pork fat, adding to fat celery, onion, parsley, carrot, turnip, bay leaf, cloves, and peppercorns. Turn hearts occasionally until well browned, then add stock, cover, and cook slowly  $1\frac{1}{2}$  hours. Serve with cooked carrots and turnips cut in strips or fancy shapes. *Serves 6.*

**KIDNEYS**

Kidneys of beef, veal, mutton, and lamb are used.

**To Prepare Kidneys.** Wash in cold water, remove skin. If old, soak in salted water 2 or 3 hours.

Do not overcook kidneys as they toughen after the first few minutes.

**BROILED VEAL KIDNEYS**

Order kidneys with suet left on. Trim, split, remove central fat and sinew, and broil 10 minutes or until thoroughly done. Turn frequently while broiling. Serve on toast. Pour on melted butter, seasoned with salt, cayenne, and lemon juice. *Allow 1 kidney per person.*

**SAUTÉED KIDNEYS**

Order lamb or veal kidneys sliced  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. Soak in salted water 30 minutes. Drain, wipe dry, sprinkle with salt and pepper, and sauté quickly in butter — not more than 5 minutes, turning frequently. Serve on toast. Season butter in pan with lemon juice and pour over kidneys, adding more butter if needed. *Allow 1 veal or  $1\frac{1}{2}$  lamb kidney per person.*

**KIDNEYS EN BROCHETTE**

|               |                                         |
|---------------|-----------------------------------------|
| Kidneys       | Bacon                                   |
| Mushroom caps | Brown Stock (p. 178) <i>or</i> consommé |

Trim kidneys, cook 10 minutes in stock to cover, drain, reserving stock, and cut in slices. Arrange alternate slices of kidney and thinly sliced bacon on skewers with mushroom cap at end of skewer. Broil until bacon is crisp, and arrange on pieces of toast. Cover with sauce made from stock in which kidneys were cooked, seasoned with salt and cayenne. Additional flavor may be given by dipping kidneys in French Dressing before broiling. Small tomatoes, quartered and dipped in French Dressing, may be broiled with kidneys.

**RAGOÛT OF KIDNEYS**

|                            |                                               |
|----------------------------|-----------------------------------------------|
| 6 lambs' or 4 veal kidneys | $\frac{1}{2}$ tablespoon finely chopped onion |
| Salt, pepper               | 3 tablespoons flour                           |
| 4 tablespoons butter       | $1\frac{1}{2}$ cups hot Brown Stock (p. 178)  |

Scald, skin, and soak kidneys 30 minutes in cold water. Slice, sprinkle with salt and pepper, sauté 5 minutes in 2 tablespoons butter. Remove to hot dish. Cook onion in remaining butter until brown. Add flour and stock slowly. Bring to boiling point, season, strain, and add kidneys. Season to taste with lemon juice, Madeira, or white wine. Vegetables, such as finely cut carrot or celery, may be added.

**With Mushrooms.** Add  $\frac{1}{2}$  cup mushroom caps, peeled, quartered, and sautéed.

**KIDNEY ROLLS**

|                                                  |                            |
|--------------------------------------------------|----------------------------|
| $\frac{1}{2}$ cup stale bread crumbs             | Salt, pepper               |
| $\frac{1}{2}$ small onion, finely chopped        | 1 egg, slightly beaten     |
| $\frac{1}{2}$ tablespoon parsley, finely chopped | Bacon                      |
|                                                  | 6 lambs' or 4 veal kidneys |

Mix crumbs, onion, and parsley with enough egg to moisten. Season and spread on thin slices of bacon. Fasten with skewers around pieces of kidney (scalded, peeled, and soaked). Bake 20 minutes in a hot oven (425° F.). *Serves 4 to 6.*



## LIVER

Calf's liver, beef liver, lamb liver, and pig's liver are all used. Calf's liver is considered the choicest, but beef and lamb liver are often very tender and of excellent flavor. Select liver with very little odor and of bright red color. *One pound serves 4.*

**To Prepare.** Wipe with damp cloth and remove thin outside skin and veins. If beef liver is tough, parboil 5 minutes if sliced, 20 minutes if whole, before using in following recipes.

**To Broil.** Cut in slices  $\frac{1}{2}$  inch thick. Sprinkle with salt and pepper, place in greased wire broiler, and broil 5 minutes, turning often. Spread with butter and sprinkle with salt and pepper.

**To Sauté.** Dredge with flour, sprinkle with salt and pepper, and sauté in butter or bacon fat, allowing 2 tablespoons for 1 pound liver. Turn frequently. Cook  $\frac{1}{2}$ -inch slices about 5 minutes (overcooking toughens liver). Serve with or without bacon.

**With Sour Cream.** Add  $\frac{3}{4}$  cup sour cream to sautéed liver and continue cooking until thoroughly heated. Sprinkle with finely chopped parsley.

**Italian Style.** Sauté 2 onions, sliced, in butter until brown. Add 1 pound liver prepared for sautéing. Cook quickly on both sides, remove from pan. Add 3 tablespoons red wine to pan, heat, and pour over liver.

## BRAISED LIVER

|                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 pound liver                      | 2 cloves                          |
| Fat salt pork                      | Bit of bay leaf                   |
| $\frac{1}{4}$ cup carrot           | 2 cups Brown Stock (p. 178) or    |
| $\frac{1}{4}$ cup onion            | water                             |
| $\frac{1}{4}$ cup celery           | $1\frac{1}{2}$ tablespoons butter |
| $\frac{1}{4}$ teaspoon peppercorns | 2 tablespoons flour               |

Prepare liver, skewer, and tie in shape. Lard (p. 298) upper side with salt pork. Put in deep pan with trimmings from lardoons, carrot, onion, celery, peppercorns, cloves, bay leaf, and stock or water. Cover closely and bake 2 hours in slow oven (300° F.), uncovering the last 20 minutes. Remove from pan. Strain liquor, and thicken with butter and flour, browned together. Serve around liver. *Serves 4.*

**BAKED LIVER AND BACON**

Arrange  $\frac{1}{2}$ -inch slices of calf's liver in dripping pan or baking dish and cover each slice with a strip of bacon. Put hot water about  $\frac{1}{4}$  inch deep in pan and bake in a moderate oven (375° F.) from 40 to 50 minutes.

**LIVER À LA MADAME BEGUÉ**

1 pound liver, cut in 1-inch cubes  
Salt and pepper

1 onion, thinly sliced  
3 sprigs parsley

Sprinkle liver with salt and pepper, cover with onion and parsley, let stand 2 hours. Fry in deep fat (390° F.) 1 minute. Drain. Garnish with lemon or parsley. *Serves 4.*

**LIVER LOAF**

1 pound beef liver  
 $\frac{1}{2}$  pound fresh pork, chopped  
1 cup bread crumbs  
1 onion, chopped fine  
1 egg, well beaten

1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
2 tablespoons tomato catsup  
Tomato juice or water or  
milk to moisten

Juice  $\frac{1}{2}$  lemon

Skin liver, slice, and cook 15 minutes in boiling salted water. Drain, chop, and add other ingredients. Mix thoroughly. Line bread pan with slices of bacon. Pack in mixture. Lay bacon over top. Bake 1 hour in moderate oven (350° F.). *Serves 6.*

**SAUTÉED CHICKEN LIVERS**

Wash 4 livers, dry and cut in halves, if large. Sprinkle with salt and pepper, dredge with flour, and sauté in butter. Serve on toast sprinkled with chopped parsley or reheat in Brown Sauce (p. 228). Add 12 stoned olives or 2 tablespoons Madeira or sherry to sauce, if desired. *Serves 4.*

**CHICKEN LIVERS WITH BACON**

Clean and cut livers in pieces. Wrap a thin slice of bacon around each piece. Fasten with small skewers. Put in broiler over dripping pan and bake in hot oven (425° F.) until bacon is crisp, turning once. *Allow 2 livers per person.*

**En Brochette.** Cut livers in 4 pieces. Cut bacon in squares. Alternate bits of liver and bacon on metal skewers, allowing 4 pieces of liver and 5 pieces of bacon to each skewer. Arrange skewers in upright positions on rack in dripping pan. Bake in hot oven (425° F.) until bacon is crisp. Serve on skewers, garnished with watercress.

### CHICKEN LIVERS WITH CURRY

|                                             |                                               |
|---------------------------------------------|-----------------------------------------------|
| 6 chicken livers, cleaned and cut in pieces | $\frac{1}{2}$ tablespoon finely chopped onion |
|                                             | 2 tablespoons flour                           |
| Crumbs, salt, and pepper                    | $\frac{1}{2}$ teaspoon curry powder           |
| Egg                                         | 1 cup Chicken Stock (p. 184)                  |
|                                             | Butter                                        |

Dip livers in seasoned crumbs, egg, and crumbs, and sauté in butter. Remove livers, and to fat in pan add 2 tablespoons butter and the onion, and cook 5 minutes. Add flour mixed with curry powder and stock. Stir and cook until sauce boils. Strain sauce over livers and serve with Rice Timbales (p. 109), if desired. *Serves 4.*

### CHICKEN LIVERS WITH MUSHROOMS

|                                    |                                        |
|------------------------------------|----------------------------------------|
| 6 chicken livers                   | 1 shallot, finely chopped or           |
| 1 slice bacon, cut in small pieces | $\frac{1}{2}$ tablespoon chopped onion |
|                                    | Finely chopped parsley                 |
| 2 tablespoons butter               | 2 tablespoons flour                    |
| $\frac{1}{4}$ cup sliced mushrooms | 1 cup Brown Stock (p. 178)             |
|                                    | 1 teaspoon lemon juice                 |

Cook bacon and butter 5 minutes. Remove bacon, add shallot, fry 2 minutes. Add livers, cook 2 minutes. Add flour, stock, lemon juice, and mushrooms. Cook 2 minutes, sprinkle with parsley. *Serves 4.*

### BRAISED OXTAIL

|                             |                                           |
|-----------------------------|-------------------------------------------|
| 1 oxtail (2 pounds)         | 2 cups water                              |
| Flour for dredging          | 2 cups canned tomatoes                    |
| Butter                      | 1 teaspoon salt                           |
| 1 onion, sliced             | $\frac{1}{4}$ teaspoon pepper             |
| $\frac{1}{4}$ cup flour     | $\frac{2}{3}$ cup carrot } in small cubes |
| 2 cups Brown Stock (p. 178) | $\frac{2}{3}$ cup turnip }                |

Cut oxtail at joints, parboil 5 minutes, wash thoroughly, dredge with flour, and sauté with onion in butter until well browned. Add flour, stock, water, tomatoes, salt, and pepper. Turn into baking

dish, cover, and cook slowly  $3\frac{1}{2}$  hours. Remove oxtail, strain sauce, and return oxtail and sauce to oven to finish cooking. Add carrot and turnip, parboiled in boiling salted water 5 minutes. As soon as vegetables are soft, add more salt and pepper if needed. For variety, add 1 cup sliced mushrooms and sherry or lemon juice to taste. *Serves 6.*

### **BOILED PIGS' FEET or HOCKS**

*Allow 1 or 2 per person.* Pigs' feet are usually sold already boiled but can be prepared at home. Roll tightly in cheesecloth, put in pan with  $\frac{1}{2}$  sliced onion,  $\frac{1}{2}$  sliced carrot,  $\frac{1}{8}$  teaspoon whole black peppercorns, sprig of parsley, bit of bay leaf, and  $\frac{1}{2}$  teaspoon salt. Cover with cold water, bring to boiling point, and simmer until done — 5 or 6 hours. Store in broth until used. Serve cold or hot with sauerkraut.

**Broiled.** Wipe, sprinkle with salt and pepper, and broil 6 to 8 minutes. Serve with Maître d'Hôtel Butter (p. 235) or Sauce Piquante (p. 228).

**Fried.** Wipe, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs; fry in deep fat (p. 6).

### **SWEETBREADS**

A sweetbread is the thymus gland of lamb or calf, but in cookery, veal sweetbreads only are considered. This gland is prenatally developed, of unknown function, and as soon as the calf is taken from liquid food, it begins to disappear. A sweetbread consists of two parts, connected by membrane and tubing. The round, compact part is called the heart sweetbread, as its position is nearer the heart; the other part is called the throat sweetbread. When sweetbreads are separated at market, avoid buying two throat sweetbreads, as the heart sweetbread is the more desirable. Sweetbreads spoil very quickly. *One pair serves 2 generously, in sauce serves 4.*

**To Parboil Sweetbreads.** Remove from paper as soon as received from market, plunge into cold water, and let stand 1 hour. Drain, put into salted boiling water. To each quart of water add 2 tablespoons lemon juice or vinegar. Cook slowly 20 minutes. Drain, and plunge into cold water, to keep white and firm.

**BROILED or SAUTÉED SWEETBREADS**

*One pair serves 2 generously.* Parboil, split crosswise. Arrange on broiling rack, brush with melted butter, and sprinkle with salt and pepper. Broil 5 minutes or until delicately brown, turning occasionally. Serve with Lemon Butter (p. 235).

**En Brochette.** Arrange pieces of sweetbread and squares of bacon on metal skewers, using 4 pieces of sweetbread and 3 of bacon on each. Brush over with melted butter or olive oil, sprinkle with crumbs, and broil slowly 10 to 15 minutes or until bacon is crisp. Serve on skewers.

**SWEETBREAD CUTLETS**

Parboil, split, and cut in circular pieces or pieces shaped like small cutlets. Sprinkle with salt and pepper, dip in rolled dried bread crumbs, then in slightly beaten egg, mixed with 2 tablespoons water, then in crumbs again, and sauté in butter. Serve with Tomato Sauce (p. 230) or around creamed asparagus tips, peas, etc.

**BRAISED SWEETBREADS**

Parboil, slice lengthwise  $\frac{1}{4}$  inch thick. Sauté slices in 2 tablespoons butter. Add 1 cup brown gravy (for 1 pair sweetbreads) and heat 5 minutes. Add  $\frac{1}{4}$  cup sherry and serve. Sautéed mushrooms, cooked potato balls, peas, asparagus tips, tiny whole onions, carrots, sliced olives, etc., may be added to this dish.

**SWEETBREADS COUNTRY STYLE**

Parboil, split crosswise or slice, sprinkle with salt and pepper, dredge with flour. Arrange in baking dish, brush over with melted butter, allowing 2 tablespoons to each pair of sweetbreads, and cover with thin slices fat salt pork. Bake 25 minutes in hot oven (450° F.), basting twice during cooking. Remove pork during last 5 minutes.

**LARDED SWEETBREAD**

Parboil, lard (p. 298) upper side, and bake until well browned, basting with Meat Glaze.

**Meat Glaze.** Dilute beef extract with small amount of water or use a strong consommé.



## CREAMED SWEETBREADS

Parboil, cut in small cubes. Reheat 1 sweetbread in 1 cup White Sauce (p. 222) or Velouté Sauce seasoned with beef extract. If desired, add asparagus tips or sliced, cooked mushrooms. Season to taste with salt, pepper, and paprika. Serve on toast, in patty cases, or fill ramekin dishes, sprinkle with buttered crumbs, and bake until brown.

**Sweetbreads à la Poulette.** Reheat in Béchamel Sauce (p. 225). Season with slight grating of nutmeg.

**Creamed Sweetbreads and Chicken.** Use equal parts cooked chicken and sweetbreads, diced.

**With Mushrooms.** Add 10 mushrooms, cleaned and cut in pieces, to parboiled sweetbread and cook, covered, for 15 minutes in 1 tablespoon butter and 1 teaspoon lemon juice. Stir occasionally. Add to 1 cup Velouté Sauce (p. 226). Add 1 tablespoon heavy cream and season.

## SWEETBREADS MONROE

|                                             |                                          |
|---------------------------------------------|------------------------------------------|
| 1 sweetbread, parboiled, cut<br>in 6 pieces | $\frac{1}{8}$ teaspoon pepper            |
| 1 small onion, sliced                       | $\frac{3}{4}$ cup Chicken Stock (p. 184) |
| 1 stalk celery, sliced                      | $\frac{1}{4}$ cup white wine             |
| 4 slices fat salt pork, cubed               | 1 tablespoon flour                       |
| 2 tablespoons butter                        | 1 cup cooked peas                        |
| 1 teaspoon salt                             | Béarnaise Sauce (p. 233)                 |
|                                             | Truffle                                  |

Cook sweetbread 6 minutes with onion, celery, pork, 1 tablespoon butter, salt, and pepper, stirring almost constantly. Add stock and wine, cover, and simmer 35 minutes. Remove sweetbread, strain stock. Melt remaining butter, add flour, and stir until well blended; add stock gradually, while stirring constantly. Add peas and simmer 10 minutes. Arrange peas in 6 small baking dishes or casseroles, place piece of sweetbread on each, cover with Béarnaise Sauce, and garnish with piece of truffle. *Serves 6 as separate course in formal dinner.*

**Waldorf Sweetbreads.** Serve on canned artichoke bottoms, heated and seasoned with butter, salt, and pepper. Pour on Allemande Sauce (p. 226) made with stock in pan.

## SWEETBREADS À LA NAPOLI

|                               |                                       |
|-------------------------------|---------------------------------------|
| 1 large sweetbread, parboiled | Salt, paprika                         |
| 2 tablespoons butter          | 2 cups cream                          |
| Beef extract                  | 8 mushroom caps, fried in butter      |
| 1 cup grated Parmesan cheese  | 8 pieces toast, cut in 3½-inch rounds |

Cut sweetbread in 8 pieces. Sauté in small quantity of butter, adding enough beef extract to give a glazed appearance. Put 2 tablespoons cream in each of 8 individual baking dishes and arrange piece of toast in each. Moisten cheese with 1 cup cream, season with salt and paprika, and spread on toast. Place 1 piece of sweetbread on each piece of toast. Season with salt and pepper. Place mushroom cap on each piece of sweetbread, cover, and bake 8 minutes in moderate oven (350° F.). If glass bell covers are used, leave in place for serving. *Serves 8 as separate course in formal dinner.*

## SWEETBREAD CUTLETS, À LA VICTORIA

|                                                   |                                      |
|---------------------------------------------------|--------------------------------------|
| 2 cups chopped, parboiled<br>sweetbreads (p. 360) | Slight grating nutmeg                |
| 2 teaspoons lemon juice                           | 1 teaspoon finely chopped<br>parsley |
| ½ teaspoon salt                                   | 1 egg, slightly beaten               |
| ⅛ teaspoon pepper                                 | 1 cup Thick White Sauce (p. 222)     |

Season sweetbreads. Add egg to sauce and combine mixtures. Chill, shape like cutlets, crumb, and fry (*see* p. 415). Make a cut in small end of each cutlet and insert in each a piece of cold, boiled macaroni 1½ inches long. Serve with Allemande Sauce (p. 226). Chopped mushrooms may replace part of sweetbreads. *Makes 12 or more croquettes.*

## EPIGRAMS OF SWEETBREADS

|                                               |                      |
|-----------------------------------------------|----------------------|
| 1 sweetbread, parboiled (p. 360)              | 2½ tablespoons flour |
| ⅓ teaspoon finely chopped shallot<br>or onion | ½ cup stock          |
| 1½ tablespoons butter                         | 2 tablespoons cream  |
| 3 tablespoons chopped mushrooms               | 1 egg yolk           |
|                                               | Salt and pepper      |

Drain sweetbread, place in small mold, cover, and press with weight. Cut in ½-inch slices. Cook shallot and butter 3 minutes, add mushrooms, cook 3 minutes, add other ingredients, stir and cook until thick. Spread pieces of sweetbread with mixture. Chill, crumb, fry, and drain (*see* p. 415).

**SWEETBREAD MOUSSE**

|                                                                                         |                                                                                 |
|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| $\frac{1}{2}$ cup parboiled sweetbread<br>(p. 360), chopped and rubbed<br>through sieve | $\frac{3}{4}$ cup heavy cream<br>1 tablespoon butter<br>1 tablespoon cornstarch |
| $\frac{1}{3}$ cup breast meat of raw<br>chicken, rubbed through sieve                   | $\frac{1}{4}$ cup Chicken Stock (p. 184)                                        |
| 1 egg white                                                                             | $\frac{1}{2}$ cup parboiled sweetbread, diced<br>Salt and pepper                |

Pound sweetbread and chicken in mortar. Add egg white gradually. Work until smooth, then add cream. Line buttered timbale molds with mixture. Make sauce of butter, cornstarch, and stock; add diced sweetbreads, season with salt and pepper. Put in molds and cover with first mixture. Place in pan of hot water on several thicknesses of paper and bake 20 minutes or until firm in a moderate oven (350° F.). Let stand 6 minutes before unmolding. Serve with *Suprême Sauce* (p. 226) flavored with beef extract or sherry. *Fills 8 or more molds.*

**SWEETBREAD AND MUSHROOM TIMBALES**

|                                                       |                                      |
|-------------------------------------------------------|--------------------------------------|
| 2 tablespoons butter                                  | $\frac{1}{4}$ cup stale bread crumbs |
| 1 sliced onion                                        | 1 red pepper, chopped                |
| $1\frac{1}{2}$ cups chopped mushrooms                 | $\frac{1}{2}$ teaspoon salt          |
| 1 small sweetbread, parboiled<br>and chopped (p. 360) | 2 egg yolks, well beaten             |
| 1 cup White Sauce (p. 222)                            | 2 egg whites, beaten stiff           |
|                                                       | Mushroom Sauce (p. 228)              |

Cook butter and onion 5 minutes. Add other ingredients. Bake (*see Sweetbread Mousse, above*). Serve with Mushroom Sauce. *Fills 12 or more molds.*

**TONGUE**

Tongues of beef, calf, lamb, and sheep are used fresh, corned, smoked, or pickled. Canned tongue is available.

**CORNED TONGUE**

*A beef tongue weighs 4 to 5 pounds and will serve 8 to 10.* Scrub with brush, wash, and if very salty, soak several hours in cold water. Place in kettle with cold water to cover. Bring slowly to boiling point, add 1 sliced onion, 2 bay leaves, 6 peppercorns, and 6 cloves.

Boil 5 minutes, remove scum, reduce heat, cover, and simmer until tender (about 3 hours). Cool slightly, remove from water, and remove skin and fat. Reduce cooking time for smaller tongues. Serve hot or cold, sliced very thin. If hot, serve with Tomato Sauce (p. 230), Currant Jelly Sauce (pp. 228, 235), or Spiced Fruit Sauce (p. 236).

### FRESH TONGUE

Cook like Corned Tongue, without soaking and with the addition of 1 tablespoon salt.

**Spanish Tongue.** Cut 1 lemon in thin slices, add 1 cup brown sugar, 1 cup raisins, 12 cloves,  $\frac{1}{2}$  cup vinegar, and 1 cup stock in which tongue was cooked. Simmer 1 hour, adding more stock as needed. Place tongue on platter and pour over sauce.

**Breaded Tongue.** Cut cold boiled tongue in  $\frac{1}{8}$ -inch slices. Sprinkle with salt and pepper, dip in egg and crumbs, and sauté in butter. Serve with Tomato Sauce (p. 230), or any of the sauces suggested to serve with canned tongue or ham.

### BRAISED TONGUE

|                                |                      |
|--------------------------------|----------------------|
| 1 fresh tongue (5 to 6 pounds) | 4 tablespoons butter |
| $\frac{1}{3}$ cup carrot       | 4 tablespoons flour  |
| $\frac{1}{3}$ cup celery       | Salt, pepper         |
| $\frac{1}{3}$ cup onion        | Worcestershire sauce |
| 1 sprig parsley                |                      |

Put tongue in boiling water, cook slowly 2 hours. Take tongue from water and remove skin and roots. Place in deep pan with vegetables. Brown butter, add flour. When well browned, add 4 cups water in which tongue was cooked. Season with salt, pepper, and Worcestershire sauce and pour over tongue. Stewed and strained tomatoes ( $1\frac{1}{2}$  cups) may be used in place of some of the water. Cover and bake 2 hours in slow oven ( $300^{\circ}$  F.), turning after first hour. Remove tongue and serve with sauce, strained or not. *Serves 10 or 12.*

**CALVES' TONGUES, SAVORY STYLE**

|                   |                                    |
|-------------------|------------------------------------|
| 4 calves' tongues | 1 onion, stuck with 6 cloves       |
| 6 slices carrot   | $\frac{1}{2}$ teaspoon peppercorns |
| 2 stalks celery   | $1\frac{1}{2}$ tablespoons salt    |

Cover tongues with boiling water, add other ingredients, cook slowly until tender. Omit cloves and peppercorns, if preferred less highly seasoned. Take from water and remove skin and roots while hot. Use broth in making pea soup or clam chowder. Split and pour over Tomato Sauce (p. 230) or Sauce Piquante (p. 228). *Serves 6.*

**Pickled Tongues.** Add 1 cup vinegar and 1 tablespoon sugar. Cool in water in which tongue was cooked. Serve cold.

**TRIPE**

Tripe is the first stomach of beef. Honeycomb tripe is from young animals and is the more delicate of the two varieties. Tripe is sold fresh and pickled. Select clean-looking tripe from a young animal and wash thoroughly before cooking. *One pound serves 4.*

**Broiled Fresh Tripe.** Wipe as dry as possible, leave whole or cut in pieces for serving. Dip in fine cracker dust and olive oil or melted butter. Drain off all fat possible and again dip in cracker dust. Place in greased broiler and broil 5 minutes, cooking smooth side of tripe the first 3 minutes. Place on hot platter, honey-combed side up, spread with butter, and sprinkle with salt and pepper. Broiled tripe is at its best when cooked over a charcoal fire.

**Stewed.** Cover with cold water, bring to boiling point, drain, cover with boiling salted water, simmer until tender (4 hours if cooked whole, 2 hours if cut in pieces for serving). For additional flavor, add, when half-cooked, 1 clove garlic, sliced, or  $\frac{1}{4}$  cup chopped onion, few sprigs parsley, and  $\frac{1}{2}$  cup chopped celery. Drain and serve with Tomato Sauce (p. 230) or Espagnole Sauce (p. 229) made with stock in which tripe was cooked.

**Lyonnaise.** Melt 2 tablespoons butter, add 1 tablespoon finely chopped onion, and cook 5 minutes. Add tripe cut in pieces  $2 \times \frac{1}{2}$  inches. Cook 5 minutes and sprinkle with salt, pepper, and chopped



parsley. For variety, cook 1 tablespoon finely chopped green pepper and 4 sliced mushrooms with onion. If gravy is desired, sprinkle with 1 tablespoon flour, stir well, and add  $\frac{1}{2}$  cup stock, consommé, water, or tomato juice.

### TRIPE IN BATTER

|                              |                                              |
|------------------------------|----------------------------------------------|
| 1 cup flour                  | $\frac{1}{2}$ tablespoon vinegar             |
| $\frac{1}{4}$ teaspoon salt  | 1 teaspoon olive oil <i>or</i> melted butter |
| $\frac{1}{2}$ cup cold water |                                              |
| 1 egg, well beaten           | $1\frac{1}{2}$ pounds fresh honeycomb tripe  |

Mix flour and salt. Add cold water gradually. When smooth, add egg, vinegar, and oil or butter. Cut tripe in pieces for serving. Dip in batter, and sauté in small quantity hot fat. *Serves 6.*

### PICKLED TRIPE IN BATTER

Cut pickled honeycomb tripe in pieces for serving; wash, cover with boiling water, and simmer gently 20 minutes. Drain and again cover, using equal parts cold water and milk. Heat to boiling point, again drain, wipe as dry as possible, sprinkle with salt and pepper, brush over with melted butter, dip in batter. Fry (p. 6). Serve with slices of lemon and chili sauce. *One pound serves 4.*

### Fritter Batter

|                           |                             |
|---------------------------|-----------------------------|
| $1\frac{1}{3}$ cups flour | $\frac{1}{4}$ teaspoon salt |
| 2 teaspoons baking powder | $\frac{1}{3}$ cup milk      |
| 1 egg, well beaten        |                             |

Mix and sift dry ingredients, add milk gradually, and egg.

## CHAPTER 20

# Poultry and Game

**Poultry** includes all domestic birds suitable for food, i.e., chicken, fowl, guinea fowl, turkey, duck, goose, pigeons, and squab.

**Game** includes all wild animals and birds suitable for food, such as quail, partridge, plover, wild duck, deer, reindeer, and moose.

### TO SELECT POULTRY AND GAME

**Chicken and Fowl.** *Fowl* have hard and dry feet and stiff cartilage at end of breastbone. A 4-pound fowl serves 6.

*Chicken* have soft feet, smooth skin, and soft cartilage at end of breastbone. A 4-pound chicken serves 4 to 6.

*Capons* are considered a little choicer than ordinary chickens.

They have rounded, well-fleshed bodies, and pale combs.

They usually weigh 7 to 8 pounds and serve 8 generously.

*Broilers* or *spring chickens* or *squab chickens* are young, tender birds.

Allow  $\frac{1}{2}$  small broiler to a person.

*Canned chicken.* Chicken meat or small whole chickens may be bought in cans.

**Duck** should be soft and white. A *duckling* is a young duck but may weigh as much as 6 pounds. Allow 1 pound per person.

**Goose** should have a pliable, yellow bill and soft, fat, yellow feet. A 10-pound goose serves 8 or more. A *green goose* is a young native goose. Allow  $\frac{3}{4}$  to  $1\frac{1}{2}$  pounds per person.

**Guinea Chickens** have a slightly gamy flavor. They are generally sold with wing feathers on. Guinea chickens may be cooked and served in any of the ways suitable for chickens of their age and size. *Squab guineas* are young guineas.

**Pigeons** should be plump. Allow 1 pigeon per person, if small,  $\frac{1}{2}$  per person, if large.

**Squabs** are young pigeons that have not been allowed to fly. Allow 1 squab per person.

**Turkey** should be smooth and have soft and pliable cartilage at end of breastbone. Allow  $\frac{1}{2}$  to 1 pound per person.

**Game Birds** (quail, snipe, plover, etc.) should have soft feet and pliable bills. Allow 1 per person.

**Rabbits.** Young rabbits have soft ears and paws, short necks, and smooth, sharp claws.

**Venison.** Deer should hang two weeks or longer, according to taste, before using. Fat should be white and firm.

## TO PREPARE POULTRY FOR COOKING

**To Singe.** Hold over a flame (from gas, alcohol, or burning paper) and constantly change position to expose all of surface to flame, thus burning off hairs and down.

**To Dress and Clean.** (Poultry may be prepared at market, but it is wise to examine it carefully to be sure it has been properly done.) Cut off the head and draw out pinfeathers, using a small pointed knife. Cut through the skin around the leg  $1\frac{1}{2}$  inches below the leg joint, care being taken not to cut tendons; place leg at this cut over edge of board, press downward to snap the bone, then take foot in right hand, holding bird firmly in left hand, and pull off foot, and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by using a steel skewer.

**To Draw,** make an incision through skin below breastbone, just large enough to admit the hand, and remove:

*Entrails and giblets* (gizzard, heart, and liver). Retain giblets to use in soup, dressing, gravy, or canapés (p. 149).

*Gall bladder* (on under surface of right lobe of liver). Do not break, as even a small amount of the bile would give bitter flavor to any part touched.

*Lungs* (red, spongy, on each side of backbone, between ribs).

Remove every particle with fingers.

*Kidneys* (in hollow, near end of backbone)

*Windpipe and crop.* Feel under skin close to neck with first two fingers and pull out windpipe, and crop, which is attached to skin close to breast.

Draw down neck skin and cut off neck close to body, leaving skin long enough to fasten under the back. Cut out oil bag at base

of tail. Wash bird by allowing cold water to run through it, but do not allow bird to soak in cold water. Wipe inside and outside, looking carefully to see that everything has been withdrawn. If there is disagreeable odor, suggesting that fowl may have been kept too long, clean at once, wash inside and out with soda water, sprinkle inside with charcoal, and place some under wings.

Poultry dressed at market seldom have tendons removed unless so ordered. It is always desirable to have them withdrawn, as they become hard and bony during cooking. It is the practice of marketmen to cut a gash through the skin to reach crop and windpipe more easily. This gash must be sewed before stuffing and causes the bird to look less attractive when cooked.

**To Clean Giblets.** Remove thin membrane, arteries, veins, and clotted blood around heart. Separate gall bladder from liver, cutting off any of liver that may have a greenish tinge. Cut fat and membranes from gizzard. Make a gash through thickest part of gizzard, and cut as far as inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash giblets and cook until tender, with neck and tips of wings, putting them in cold water and heating water quickly that some of the flavor may be drawn out into stock, which is to be used for making gravy.

### BAKED CHICKEN

|                                    |                                          |
|------------------------------------|------------------------------------------|
| 3-pound chicken, cut in pieces for | Flour for dredging                       |
| serving, or 2 broilers, split      | $\frac{1}{4}$ cup butter                 |
| Salt, pepper                       | $\frac{1}{2}$ cup Chicken Stock (p. 184) |
|                                    | $\frac{1}{2}$ cup cream                  |

Place chicken in pan, sprinkle with salt and pepper, dredge with flour, dot over with 2 tablespoons butter or with 2 slices bacon, cut in tiny pieces. Bake 40 minutes or until tender, in moderate oven (350° F.), basting every 5 minutes with remaining butter melted in  $\frac{1}{8}$  cup boiling water. Make gravy of 2 tablespoons fat in pan, 2 tablespoons flour, stock, and cream. Season to taste.  
*Serves 4.*

**Blanketed Chicken.** Sprinkle with 2 tablespoons finely chopped green pepper and 1 tablespoon finely cut chives. Omit butter, arrange 8 thin slices of bacon on chicken, and bake.

**BRAISED CHICKEN**

|                                                  |                                                       |
|--------------------------------------------------|-------------------------------------------------------|
| 4-pound fowl, cleaned and trussed                | 2 sprigs thyme, if liked                              |
| 2 slices fat salt pork, $\frac{1}{4}$ inch thick | 1 sprig parsley                                       |
| 5 slices carrot, cubed                           | 1 bay leaf                                            |
| $\frac{1}{2}$ onion, sliced                      | 2 tablespoons butter                                  |
|                                                  | 2 cups boiling water <i>or</i> Chicken Stock (p. 184) |

Try out pork. Strain fat, add carrot, onion, thyme, parsley, and bay leaf. Cook 10 minutes. Add butter and fowl. Cook until surface is well browned, turning often. Place on trivet in deep pan or casserole, pour over fat, add water or stock. Cover and bake in slow oven (325° F.) until tender. Baste often and add more water as needed. Strain stock, remove fat, and use for sauce or gravy. *Serves 4 to 6.*

**Braised Quail.** Allow about 30 minutes for cooking.

**CHICKEN EN CASSEROLE I**

|                                                   |                                           |
|---------------------------------------------------|-------------------------------------------|
| 2 small young chickens, cut in pieces for serving | 1 tablespoon finely chopped onion         |
| Salt, pepper                                      | 4 thin slices bacon, cut in narrow strips |
| Melted butter                                     | $1\frac{1}{3}$ cups Brown Sauce (p. 228)  |
| $\frac{1}{3}$ cup carrots, cut in strips          | $\frac{2}{3}$ cup potato balls            |

Season chicken with salt and pepper, brush over with butter. Bake 12 minutes in casserole. Parboil carrots 5 minutes, drain, fry with onion and bacon. Add sauce and potato balls. Add to chicken and season to taste. Bake 20 minutes in moderately hot oven (375° F.) or until chicken is tender. *Serves 4.*

**CHICKEN EN CASSEROLE II**

|                                               |                                        |
|-----------------------------------------------|----------------------------------------|
| Young, tender fowl, cut in pieces for serving | 1 cup boiling water                    |
| $\frac{1}{3}$ cup butter                      | 1 cup cream                            |
| Salt, pepper                                  | 2 cups mushroom caps, broken in pieces |
|                                               | 1 tablespoon flour                     |

Spread fowl with butter, put in casserole, sprinkle with salt and pepper. Pour over water, cover, and cook in moderately hot oven (375° F.) until tender (about 1 hour). Add cream and mushrooms. Cook 10 minutes. Mix flour with 2 tablespoons cold water, stir until smooth, and add to liquid in casserole. Stir and let cook until thickened. *A 5-pound fowl serves 4 to 6.*



### **BROILED CHICKEN, YOUNG TURKEY, GUINEA CHICKEN, ETC.**

**To Dress.** Singe, wipe, and with a sharp-pointed knife, beginning at back of neck, make a cut through backbone the entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of backbone, remove from breastbone, then cut through tendons at joints. Birds may be ordered dressed for broiling at market.

**To Broil.** Rub with butter, sprinkle with salt and pepper, and place in well-greased broiler.

Broil 20 minutes over clear fire or in broiler of gas stove or electric range, watching carefully and turning broiler so that all parts may be equally browned. Place two inches from flame in gas stove, one inch from unit in electric stove. Expose flesh side to the fire the greater part of time, as the skin side will brown quickly. Remove to hot platter, spread with soft butter, and sprinkle with salt and pepper.

Unless chickens are very small and young, it is desirable to place them in pan after broiling 15 minutes, dot over with additional butter, add enough water or chicken stock to keep them from burning, cover closely, and bake in slow oven (275° F.) at least 30 minutes. Baste several times with liquid in pan.

*Or*, place in dripping pan, skin side down, sprinkle with salt and pepper, dot over with butter. Bake 15 minutes in hot oven (425° F.), then broil 5 to 7 minutes.

To vary flavor, sprinkle each broiler with a few drops onion juice and a few grains of ginger before broiling, *or* spread sparingly with anchovy paste mixed with a little prepared mustard, *or* slice ripe olives over chickens.

**Delmonico's Deviled Chickens.** After broiling 8 minutes, spread with (for 1 broiler) 4 tablespoons butter, creamed with 1 teaspoon prepared mustard,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vinegar, and  $\frac{1}{2}$  teaspoon paprika. Sprinkle with  $\frac{3}{4}$  cup soft buttered crumbs and bake in moderate oven (350° F.) until chicken is tender and crumbs are brown.

**PLANKED CHICKEN, PEPPER BUTTER**

2 young chickens, split as for  
broiling  
Duchess Potatoes (p. 410)

Pepper Butter  
8 mushroom caps, peeled and  
sautéed in butter

Place chicken in baking pan, sprinkle with salt and pepper, dot over with Pepper Butter, and bake in hot oven (400° F.) until nearly cooked. Butter plank (p. 301), arrange border of potatoes close to edge. Place chicken on plank. Spread with butter mixture, add mushrooms, and brown in hot oven (425° F.). Serve on plank. *Serves 4.*

**Pepper Butter**

|                           |                     |                                |
|---------------------------|---------------------|--------------------------------|
| ½ cup butter              |                     | 2 teaspoons onion, finely      |
| ½ tablespoon red pepper   | } finely<br>chopped | chopped                        |
| ½ tablespoon green pepper |                     | 1 clove garlic, finely chopped |
| ½ tablespoon parsley      |                     | 2 teaspoons lemon juice        |

Cream butter, add pepper, parsley, onion, garlic, and lemon juice.

**PLANKED BONED CHICKEN**

3-pound chicken  
2 tablespoons butter  
Flour for dredging  
Mashed sweet potatoes

Sliced mushroom caps, fried  
in butter  
Hominy and Horse-radish  
Croquettes (p. 113)

Bone chicken, sprinkle with salt and pepper, dredge with flour, and dot over with butter. Put in buttered pan and bake 45 to 50 minutes in hot oven (425° F.). Arrange border of potatoes on buttered plank, put chicken in center, and bake until potato is reheated and well browned. Garnish with mushrooms and croquettes or as suggested for Planked Steak (p. 301). *Serves 4.*

**To Bone a Bird.** In buying birds for boning, select those which have been fresh killed, dry picked, and not drawn. Singe, remove pinfeathers, head, and feet, and cut off wings close to body in small birds. Lay bird on a board, breast down.

Begin at neck and with sharp knife cut through the skin the entire length of body. Scrape the flesh from backbone until end of one shoulder blade is found; scrape flesh from shoulder blade and continue around wing joint, cutting through tendinous portions which are encountered; then bone other side. Scrape skin from backbone the entire length of body, working across the ribs. Free wishbone and collarbones, at same time removing crop and wind-

pipe; continue down breastbone, particular care being taken not to break the skin as it lies very near bone, or to cut the delicate membranes which enclose entrails. Scrape flesh from second joints and drumsticks, laying it back and drawing off as a glove may be drawn from the hand. Withdraw carcass and put flesh back in its original shape. In large birds, where wings are boned, scrape flesh to middle joint, and break bone at that point, leaving bone at tip end to assist in preserving shape.

### SMOTHERED CHICKENS

|                                   |                          |
|-----------------------------------|--------------------------|
| 2 broilers, split, <i>or</i>      | Salt, pepper             |
| 1 roasting chicken, cut in pieces | $\frac{1}{2}$ cup butter |
| Toast                             |                          |

Melt butter in heavy kettle, add chicken, sprinkled with salt and pepper. Brown on all sides. Cover closely, reduce heat, and cook until tender (about 30 minutes for very young birds). *Serves 4.*

**Chicken à la Contadine.** Cook 2 finely chopped onions 5 minutes in butter. Add chicken, brown, and remove. Add  $\frac{1}{2}$  cup Italian vermouth, light with match, and when flame dies down add 1 teaspoon Italian tomato paste,  $\frac{1}{8}$  teaspoon cinnamon, few grains cayenne, and 1 teaspoon salt. Stir well and add chicken. Continue as above. To vary, use red wine in place of vermouth (do not try to burn it).

**With Sour Cream Sauce.** Remove chicken, add 1 cup sour cream to fat in pan; heat, pour over pieces of toast. Arrange broilers on toast and garnish.

**Swedish Style.** Omit butter. Dredge chickens sparingly with flour and cook in 1 cup heavy cream, adding more cream if needed while browning. Serve with gravy made with 3 tablespoons fat remaining in pan, 3 tablespoons flour,  $1\frac{1}{2}$  cups Chicken Stock, and  $\frac{1}{2}$  cup heavy cream.

### BRESLIN POTTED CHICKEN

|                                          |                                                  |
|------------------------------------------|--------------------------------------------------|
| 2 broilers, cleaned and trussed          | $\frac{1}{3}$ cup string beans, cooked <i>or</i> |
| $2\frac{1}{2}$ tablespoons melted butter | canned, cut in small pieces                      |
| 1 cup Chicken Stock (p. 184)             | $\frac{1}{3}$ cup cooked carrot, cut in          |
| 1 tablespoon butter                      | fancy pieces                                     |
| 1 tablespoon flour                       | 6 mushroom caps, fried in                        |
| $\frac{1}{2}$ cup cooked potato balls    | butter                                           |

Put broilers in casserole dish, brush over with melted butter,

cover, and bake 20 minutes in moderately hot oven (375° F.). Add stock and cook until chicken is tender. Thicken gravy with butter and flour cooked together and add vegetables. *Serves 4 or more* if chickens are cut in 4 pieces each for serving. Vegetables may be varied.

## FRIED CHICKEN

Clean and cut 2 young broilers in halves, 1 large fryer or 1 small young roasting chicken in pieces, for serving. *The broilers will serve 4, fryer or roaster 4 to 6.*

**To Prepare.** Dip in cold water or milk and drain, but do not wipe. Sprinkle with salt and pepper and coat as thickly as possible with flour.

**To Cook.** In heavy frying pan, heat one of the following:

- (1) 6 tablespoons butter
- (2) 2 tablespoons butter and 4 tablespoons lard
- (3) 6 tablespoons olive oil or
- (4) 6 tablespoons fat tried out from bacon or fat salt pork

Fat may be just enough to keep chicken from burning or 1 inch deep, as preferred. Have fat very hot but not smoking before adding chicken. Add chicken and brown quickly on all sides. Add  $\frac{1}{4}$  cup boiling water, cover, and reduce heat or set in moderate oven (350° F.). Cook until tender (35 to 60 minutes).

**To Serve.** Arrange on platter and pour over gravy or sauce.

1. *With Pan Gravy.* Make sauce with 3 tablespoons fat in pan (adding more if needed), 3 tablespoons flour, and

- (1)  $1\frac{1}{2}$  cups Chicken Stock (or chicken bouillon cubes and water)
- (2) 1 cup stock and  $\frac{1}{2}$  cup cream
- (3) tomato juice or
- (4) water in which mushrooms were cooked

2. *With Cream Gravy.* Make like pan gravy but use cream in place of stock. If liked, add the scrapings from the pan to the gravy.

3. *Chicken Paprika.* Melt 4 tablespoons butter, add 2 onions, sliced thin, and cook 3 minutes. Stir in 1 tablespoon flour,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon paprika. Reduce heat, stir in 1 cup sour cream, and cook and stir until smooth.

**FRIED CHICKEN, SOUTHERN STYLE**

|                             |                        |
|-----------------------------|------------------------|
| 2 broilers or 1 large fryer | Few grains pepper      |
| or 1 young roasting chicken | 1 egg                  |
| $\frac{1}{2}$ cup flour     | $\frac{1}{3}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | 1 pound salt pork      |

Sift flour with salt and pepper, add egg slightly beaten with milk, and dip pieces of chicken in this batter. Dice salt pork and fry out in heavy frying pan to make fat 1 inch deep. When hot, add chicken, brown quickly, then cover and cook slowly until tender (35 to 60 minutes). Serve with Cream Sauce (half milk and half cream) made with some of the drippings. *Serves 4 to 6.*

**Maryland Chicken.** Omit batter. Season chicken with salt and pepper, dip in flour, then in 1 egg, beaten slightly with 2 tablespoons cold water, then in soft bread crumbs.

**SAVORY FRIED CHICKEN**

After browning chicken (see Fried Chicken, p. 375), arrange in baking dish and add  $\frac{1}{4}$  cup chopped onions,  $\frac{1}{4}$  cup chopped celery, 1 tablespoon chopped green pepper, and  $1\frac{1}{2}$  cups rich milk or tomatoes or tomato juice, salt, and paprika. Cover and bake 1 hour in moderately slow oven (325° F.). Uncover last 10 minutes. If desired, add 1 cup sliced and sautéed mushrooms after first half hour.

**MEXICAN CHICKEN**

|                                                |                                             |
|------------------------------------------------|---------------------------------------------|
| 2 young chickens, cut in pieces<br>for serving | 8 canned pimientos, rubbed<br>through sieve |
| Salt                                           | 1 onion, finely chopped                     |
| Pepper                                         | 2 cloves garlic, finely chopped             |
| 6 tablespoons butter                           | 3 tablespoons flour                         |

Season chickens with salt and pepper. Sauté in 3 tablespoons butter. Add 1 teaspoon salt, onion, garlic, pimientos, and boiling water to cover. Cook until chicken is tender. Remove to serving dish and thicken sauce with remaining butter and flour cooked together. *Serves 4.*



## CHICKEN À LA STANLEY

|                                       |                              |
|---------------------------------------|------------------------------|
| 6 tablespoons butter                  | 1 cup Chicken Stock (p. 184) |
| 1 large onion, thinly sliced          | 1½ tablespoons flour         |
| 2 broilers, cut in pieces for serving | ½ cup cream                  |
|                                       | Salt, pepper                 |
| 2 bananas                             |                              |

Melt 4 teaspoons butter, add onion and broilers. Cover, cook slowly 10 minutes. Add stock and cook, covered, until meat is tender. Remove chickens, rub stock and onion through sieve. Thicken with remaining butter and flour cooked together. Add cream. Season with salt and pepper. Pour sauce around chicken, garnish with bananas cut in diagonal slices and sautéed in butter. *Serves 6.*

## ROAST CHICKEN

Dress and clean (p. 369) roasting chicken weighing 4 to 6 pounds. *A 4-pound chicken serves 4.* Stuff with Plain, Celery, Corn Bread, or Egg Stuffing (pp. 210, 211), Mushroom or Savory Mushroom Stuffing (p. 213), truss, and roast.

**To Stuff.** Put stuffing by spoonfuls in neck end, using enough to fill the skin so that bird may look plump when served. When cracker stuffing is used, allow for the swelling of crackers, otherwise skin may burst during cooking. Put remaining stuffing in body; if the body is full, sew skin; if not full, bring skin together with a skewer. If enough stuffing to fill bird completely is not wanted, line body with large crusts cut from loaf before putting in stuffing.

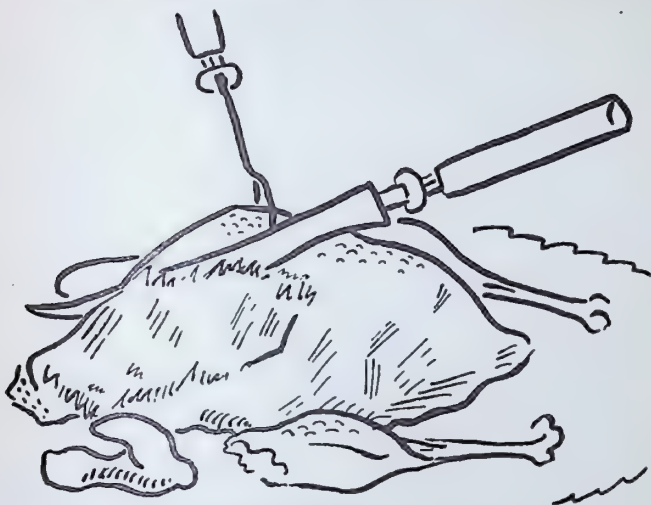
**To Truss.** Draw thighs close to body and hold by inserting a steel skewer under middle joint, running it through body, coming out under middle joint on other side. Cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a second skewer through wing, body, and wing on opposite side. Draw neck skin under back and fasten with a small wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed, legs are often passed through incisions cut in body under bones near tail.



*Truss a Chicken Neatly with Skewers and String*

**To Roast.** Place on its back on rack in dripping pan, rub entire surface with salt, and spread breast and legs with 3 tablespoons butter, rubbed until creamy and mixed with 2 tablespoons flour. Dredge bottom of pan with flour. Place in hot oven (450° F.) and, when flour is well browned, reduce heat to moderate (350° F.), then baste. Continue basting every 10 minutes until chicken is cooked. For basting, use  $\frac{1}{4}$  cup butter, melted in  $\frac{2}{3}$  cup boiling water, and after this is gone use fat in pan, and when necessary to prevent flour burning, add 1 cup boiling water. During cooking, turn chicken frequently, that it may brown evenly. If a thick crust is desired, dredge bird with flour 2 or 3 times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge during baking. When breast meat is tender, bird is sufficiently cooked. A 4-pound chicken requires about 2 hours or 25 to 30 minutes per pound.

**To Carve.** Place bird on back on platter. Set before carver with bird's legs to his right. Introduce carving fork across breast-bone, hold firmly in left hand, and with carving knife in right hand cut through skin between leg and body, close to body. With knife pull back leg and disjoint from body. Then cut off wing. Remove



*Carve One Side at a Time*

leg and wing from other side. Separate second joints from drumsticks and divide wings at joints. Carve breast meat in thin, cross-wise slices. Under back on either side of backbone are two small, oyster-shaped pieces of dark meat, which are dainty tidbits. For a small family carve but one side of a bird in order to leave remainder in better condition for second serving.

### CHICKEN GRAVY

Pour off liquid in pan in which chicken has been roasted. From liquid skim off 4 tablespoons fat; return fat to pan and brown with 4 tablespoons flour; add 2 cups stock in which giblets, neck, and tips of wings have been cooked. Cook 5 minutes, season with salt and pepper, then strain. Use remaining fat in place of butter, for frying potatoes, or for basting when roasting another chicken.

**Giblet Gravy.** Add cooked giblets finely chopped.

**FILLETS OF CHICKEN, SAUCE SUPRÊME**

|                         |                              |
|-------------------------|------------------------------|
| Fillets from 3 chickens | ½ cup Chicken Stock (p. 184) |
| Truffle, if desired     | or Madeira                   |
| Salt and pepper         | Suprême Sauce (p. 226)       |
| 12 peeled mushroom caps | Celery tips                  |

Make pocket in each large fillet and stuff with forcemeat made of small fillets. Close pockets, sew or fasten with 5 nail-shaped pieces of truffle, drawn through with a larding needle. Sprinkle with salt and pepper, put in small baking dish, brush over with cold water, add stock, or Madeira, cover with buttered paper, bake 10 minutes in hot oven (425° F.). Cook mushroom caps in sauce 5 minutes and arrange, overlapping each other, down center of platter. Put 3 fillets on each side of platter, with chop frill on each wing bone. Garnish with celery tips and surround with sauce. *Serves 6.*

**Chicken Forcemeat.** Put small or mignon fillets through a food chopper; add half the quantity of stale bread crumbs cooked with milk until moisture has nearly evaporated. Cool and put through purée strainer; then add 1½ tablespoons melted butter, 1 egg yolk, 2 tablespoons cream, and salt and pepper to taste.

**To Fillet a Chicken.** Remove skin from breast, and with a small, sharp knife begin at end of collarbone and cut through flesh, following close to wishbone and breastbone the entire length of meat. Raise flesh with fingers and with knife free the piece of meat from bones which lie under it. Cut meat away from wing joint; this solid piece of breast meat is known as a *fillet*. This meat is easily separated in two parts. The upper, larger part is called the *large fillet*; the lower part the *mignon fillet*. One inch of wing bone is often left attached to fillet to be decorated, after cooking, with a chop frill. The tough skin on the outside of large fillet should be removed, also the sinew from mignon fillet. To remove tough skin, place large fillet on a board, upper side down; make an incision through flesh at top of fillet, and cut entire length of fillet, holding knife as close to skin as possible.

**SAUTÉED CHICKEN or TURKEY BREASTS**

Trim breast meat (uncooked) into cutlet shape. Large chicken or turkey breasts may be cut in 2 pieces each. Sprinkle with salt and pepper, dip in cream, roll in flour, and sauté in butter until delicately browned. Arrange in baking pan, dot over with 2 tablespoons



butter, cover with buttered paper, and bake 10 minutes in moderately hot oven (375° F.) or until tender.

**Suprême of Chicken.** Use breast meat from 3 young chickens or guinea chickens. Serve on cutlet-shaped pieces of hot, broiled ham, garnish top of each with 3 asparagus tips, and surround with Mousseline (p. 226) or Peanut Butter Sauce (p. 227), or arrange asparagus in pastry boats and cover with sauce. Wing joints may be left attached to breasts and decorated, or not, with paper frills, when served. *Serves 6.*

### BOILED FOWL, CAPON, or CHICKEN

Dress, clean, and truss fowl (pp. 369, 377) but do not stuff. Tie in large piece of cheesecloth, place on trivet in kettle, and add boiling water to half cover fowl. Cook slowly, covered, until tender, turning occasionally. Add salt the last hour of cooking. Serve with Egg (p. 223), Oyster (p. 232), or Celery (p. 223) Sauce or use cooked fowl in any recipe calling for cooked chicken. The water in which fowl is cooked may be used as Chicken Stock (p. 184).

**Chicken à la Providence.** Reduce liquor in which chicken was cooked to 2 cups and add 2 tablespoons, each, butter and flour cooked together. Add  $\frac{1}{2}$  cup cooked carrot, cut in fancy shapes and  $\frac{1}{2}$  cup cooked peas. Just before serving, stir in 2 egg yolks, slightly beaten, and 1 teaspoon lemon juice. Season with salt and pepper. Place chicken on hot platter, surround with sauce, and sprinkle with parsley.

### BRUNSWICK STEW

|                                     |                                                      |
|-------------------------------------|------------------------------------------------------|
| 1 fowl (5 pounds), cut in pieces    | 3 potatoes, sliced thin                              |
| 4 cups cold water                   | 1 tablespoon sugar                                   |
| 1 can condensed tomato soup         | Salt, pepper                                         |
| 3 tomatoes or 1 cup canned tomatoes | $\frac{1}{4}$ pound butter                           |
| 1 onion, sliced thin                | 1 cup corn cut from cob or whole kernel corn, canned |
| 1 cup green Lima beans              | Flour                                                |

Stew fowl as for fricassee. Remove meat from bones and cut in 1-inch pieces. Return to kettle and add tomato soup, quartered tomatoes, onion, Lima beans, potatoes, and seasonings. Cook until vegetables are tender. Add corn and butter. Cook 5 minutes. If desired, thicken slightly with flour mixed with cold water. Taste and add more seasoning if needed. *Serves 8.*



CHICKEN STEW *or* FRICASSEE

|                                                                |                                                       |
|----------------------------------------------------------------|-------------------------------------------------------|
| 5-pound fowl, cut in pieces for serving, leaving breasts whole | 3 peppercorns <i>or</i> $\frac{1}{8}$ teaspoon pepper |
| Salt, pepper                                                   | Bit of bay leaf, if liked                             |
| $\frac{1}{2}$ small onion, sliced                              | 4 tablespoons flour                                   |
|                                                                | 4 tablespoons butter                                  |

**To Cut Up.** Singe, draw out pinfeathers, cut off head, remove tendons and oil bag. Cut through skin between leg and body close to body, bend back leg (thus breaking ligaments), cut through flesh, and separate at joint. Separate the upper part of leg, *second joint*, from lower part of leg, *drumstick*, as leg is separated from body. Remove wing by cutting through skin and flesh around upper wing joint which lies next to body, then disjoint from body. Cut off tip of wing and separate wing at middle joint. Remove leg and wing from other side. Separate breast from back by cutting through skin, beginning two inches below breastbone and passing knife between terminus of small ribs on either side and extending cut to collarbone. Before removing entrails, gizzard, heart, liver, lungs, kidneys, crop, and windpipe, observe their position, that the anatomy of the bird may be understood. The back is sometimes divided by cutting through the middle crosswise. The wishbone, with adjoining meat, is frequently removed, and the breast meat may be separated in two parts by cutting through flesh close to breastbone with cleaver. Wipe pieces, excepting back, with cheesecloth wrung out of cold water. Wash back thoroughly.

**To Cook.** Cover fowl with boiling water, add seasonings, except salt, and cook slowly until tender (1 to  $1\frac{1}{2}$  hours), adding 2 teaspoons salt when half done. Remove from water and set aside to keep warm while making sauce. If desired, sprinkle with salt and pepper, dredge with flour, and sauté in butter or pork fat. Reduce stock in pan to 2 cups and strain. Melt butter, add flour, stir until well-blended, add stock gradually, bring to boiling point, and season.

**To Serve.** Arrange chicken on pieces of dry toast placed on a hot platter, having wings and second joints opposite each other, breast in center of platter, and drumsticks crossed just below second joints. Surround with sauce. *Or*, omit toast and serve with Dumplings (p. 312), hot Baking Powder Biscuits (p. 86), or in rice border. *Serves 6 to 8.*

If chickens are used instead of fowl, sauté without previous cooking and simmer 15 to 20 minutes in sauce.

**To Vary**

1. Brown butter in making sauce.
2. Add  $\frac{1}{2}$  cup cream to sauce.
3. Beat 1 or 2 egg yolks slightly, add  $\frac{1}{2}$  cup cream, and stir into sauce just before serving.
4. Season with 1 teaspoon lemon juice and  $\frac{1}{4}$  teaspoon Worcestershire sauce.
5. Add 1 cup sautéed mushrooms, sliced or caps.
6. Add any tomato sauce.

**With Meat Balls.** Mix  $\frac{1}{2}$  pound chopped beef with 1 slice bread ( $\frac{1}{2}$  inch thick) soaked in water,  $\frac{1}{2}$  teaspoon salt, few drops onion juice, and a few grains of ginger. Form into small balls. Bring sauce to boiling point, add meat balls, cover closely, turn off heat, and let stand 15 minutes. Reheat slightly, if necessary.

**BARBECUED CHICKEN**

|                                                 |                                |
|-------------------------------------------------|--------------------------------|
| 2 frying chickens (2 $\frac{1}{2}$ pounds each) | $\frac{1}{4}$ teaspoon mustard |
| 2 tablespoons sugar                             | 2 cups vinegar                 |
| 1 tablespoon flour                              | 1 cup water                    |
| Red pepper, black pepper, salt                  |                                |

Cut chickens in pieces, arrange in heavy pan, sprinkle with dry ingredients, add liquids, and cover closely. Cook slowly until tender. Put under broiler and cook until liquid is used, basting frequently.

**CHICKEN STEW WITH ONIONS**

|                                          |                               |
|------------------------------------------|-------------------------------|
| 2 chickens, cut in pieces<br>for serving | $\frac{1}{2}$ cup heavy cream |
| 18 tiny young onions                     | 3 egg yolks                   |
| 3 tablespoons butter                     | Salt                          |
| 4 tablespoons flour                      | Pepper                        |
|                                          | Lemon juice                   |

Cook chickens and onions in small quantity of water. When chicken is tender, remove but keep warm. When onions are soft, remove from stock and put with chicken. Reduce stock to 1 $\frac{1}{2}$  cups. Melt butter, add flour and, very slowly, stock and cream. Just before serving, add egg yolks, salt, pepper, and lemon juice to taste. Cook sauce 1 minute and pour over chicken and onions. *Serves 8.*

### CHICKEN PIE

Place small cup in center of baking dish, arrange around it pieces of stewed chicken, removing skin and some of larger bones. Pour on gravy and cool. Cover with plain pastry, in which several incisions have been made for outlet of steam and gases. Wet edge and put around a rim of paste, close to edge. Bake 10 minutes in hot oven (450° F.) or until crust is well risen and slightly browned; then reduce heat to moderate (350° F.) and finish baking. Roll remnants of pastry and cut in diamond-shaped pieces, bake, and serve separately or when pie is reheated. Puff Paste may be used, in which case, bake top separately.

**Louisburg Chicken Pie.** Add 12 mushroom caps, sliced and sautéed in butter,  $\frac{1}{2}$  pound sausage meat, made into tiny balls and sautéed, and 1 cup tiny potato balls, cooked.

### CHICKEN PIE, COUNTRY STYLE

Follow recipe for Chicken Pie (above) but instead of pastry top, cover with Baking Powder Biscuit mixture (p. 86) rolled  $\frac{1}{2}$  inch thick. Cut a 2-inch round from center to allow escape of steam during baking. Biscuit mixture may be cut in small rounds and placed close together to cover pie. Bake in hot oven (450° F.).

### CHICKEN CURRY I

|                          |                           |
|--------------------------|---------------------------|
| 3-pound chicken, cut in  | 1 tablespoon curry powder |
| pieces for serving       | 2 teaspoons salt          |
| $\frac{1}{3}$ cup butter | 1 teaspoon vinegar        |
| 2 onions, sliced         | Boiled rice (p. 109)      |

Melt butter in hot frying pan, add chicken, cook 10 minutes. Add liver and gizzard and cook 10 minutes longer. Add onion, curry, salt, and vinegar. Add boiling water to cover. Simmer until chicken is tender. Remove chicken, strain liquor, measure, and thicken with 1 tablespoon flour to each cup, mixed with enough cold water to pour easily. Pour over chicken. Serve with rice and a variety of condiments, such as chopped toasted almonds or peanuts, chutney and coconut. *Serves 4.* (Chicken Curry II, p. 397)

## CHICKEN CALIFORNIAN

|                                            |                                   |
|--------------------------------------------|-----------------------------------|
| 4-pound fowl, cut in pieces<br>for serving | $\frac{1}{2}$ small onion, sliced |
| Salt and pepper                            | 1 cup rice, uncooked              |
|                                            | Boiling water                     |

Cover fowl with boiling water, add onion and rice, and cook slowly until tender and rice has absorbed water, adding 2 teaspoons salt when half done. Season to taste. Arrange rice on serving dish with chicken on top. Vary by adding  $\frac{1}{2}$  cup sliced stuffed olives or strips of canned pimientos. *Serves 6.*

## VIENNESE CHICKEN

|                                                  |                                                      |
|--------------------------------------------------|------------------------------------------------------|
| 1 roasting chicken, cut in<br>pieces for serving | 1 fresh tomato or $\frac{1}{4}$ cup<br>canned tomato |
| 2 tablespoons butter                             | 1 cup water                                          |
| 1 onion, minced                                  | 1 teaspoon paprika                                   |
| 1 green pepper, chopped                          | Salt, pepper                                         |
| 2 carrots, chopped                               | $\frac{1}{4}$ cup sour cream                         |
| 6 mushrooms, chopped                             | 1 tablespoon flour                                   |

Melt butter, add onion, and cook until yellow. Add chicken and cook until well browned. Add pepper, carrots and mushrooms, tomato, water, and seasonings. Cover closely and cook slowly until tender. Mix flour and cream and stir in. Cook 3 minutes. *Serves 6.*

## CHICKEN GUMBO

|                                               |                                                            |
|-----------------------------------------------|------------------------------------------------------------|
| 3-pound chicken, cut in pieces<br>for serving | 4 cups sliced okra, cooked or<br>canned                    |
| Salt, pepper                                  | $\frac{1}{4}$ red pepper, finely chopped,<br>or 1 pimiento |
| Flour for dredging                            | $1\frac{1}{2}$ cups tomato                                 |
| Pork fat for frying                           | 3 cups boiling water                                       |
| $\frac{1}{2}$ onion, finely chopped           | 1 cup boiled rice                                          |
| Sprig parsley                                 |                                                            |

Sprinkle chicken with salt and pepper, dredge with flour. Sauté in pork fat until tender. Remove chicken. Fry onion in fat remaining in pan, add okra, parsley, red pepper or pimiento, and cook slowly 15 minutes. Add to chicken with tomato, water, and  $1\frac{1}{2}$  teaspoons salt. Cook slowly until chicken is tender, and add rice. *Serves 4.*

**CHICKEN À LA MERANGO**

Dress, clean, and cut up a 4-pound chicken. Sprinkle with salt and pepper, dredge with flour, and sauté in salt pork fat until browned. Put in a stewpan, cover with sauce, and cook slowly until chicken is tender. Add 1 cup sautéed mushrooms cut in quarters and cook 5 minutes. Arrange chicken on serving dish and pour around sauce; garnish with parsley. *Serves 6.*

**Merango Sauce**

|                                   |                                              |
|-----------------------------------|----------------------------------------------|
| $\frac{1}{4}$ cup butter          | 1 teaspoon salt                              |
| 1 tablespoon finely chopped onion | $\frac{1}{8}$ teaspoon pepper                |
| 1 slice carrot, cut in cubes      | Few grains cayenne                           |
| 1 slice turnip, cut in cubes      | 2 cups boiling water                         |
| $\frac{1}{4}$ cup flour           | $\frac{1}{2}$ cup stewed and strained tomato |

Cook butter 5 minutes with vegetables. Add flour, with salt, pepper, and cayenne, and cook until flour is well browned. Add gradually water and tomato; cook 5 minutes, then strain. For higher seasoning, add 1 clove garlic, peeled and stuck on a toothpick (remove before serving) and use white wine in place of half the water.

**Chicken Cacciatore.** Omit water and increase tomato to 2 cups. Cook 5 or 6 small peeled onions in sauce with chicken.

**ROAST DUCK (*Domestic*)**

*Allow 1 pound per person. Ducks weigh 4 to 6 pounds.*

**To Prepare.** Dress and clean (p. 369). Sprinkle with salt and pepper. Stuff with Apple Stuffing (p. 211), Peanut Stuffing (p. 213), or Onion Stuffing (p. 211). Allow 2 cups stuffing for duck weighing about 6 pounds. Since ducks have a strong flavor, they are sometimes stuffed with apples, pared, cored, and cut in quarters, sliced oranges, celery stalks and leaves, or 3 small onions. Remove before serving. If very fat, steam  $1\frac{1}{2}$  hours before roasting.

**To Truss Ducks and Geese.** Ducks and geese, having short legs, are trussed differently from chicken, fowl, and turkey. After inserting skewers, wind string twice around one leg bone, then around other leg bone, having one-inch space of string between legs. Draw



legs with both ends of string close to back, cross string under back, then fasten around skewers and tie in a knot.

**To Roast.** Place on rack in roasting pan; bake in hot oven (450° F.) 12 to 15 minutes to the pound. Baste every 5 minutes with fat in pan or orange juice.

**Serve with** currant jelly and Orange (p. 229) or Olive Sauce (p. 228), made with duck fat in place of butter and water in place of stock.

**Roast Duck, Bigarade.** In place of stuffing, use 1 orange, sliced, and arrange heated orange sections, freed from skin, on serving platter. To Brown Gravy (p. 228) made with  $\frac{1}{3}$  orange juice and  $\frac{2}{3}$  water add rind of 1 orange, cooked 3 minutes in boiling water, scraped free of white portion and cut in thin strips with scissors. Season more highly, if liked, with curaçao.

### BRAISED DUCK À L'ORANGE

|                         |                                                             |
|-------------------------|-------------------------------------------------------------|
| 3 oranges               | $\frac{1}{2}$ cup stock <i>or</i> strong consommé <i>or</i> |
| 1 duck (about 6 pounds) | 1 beef bouillon cube <i>in</i>                              |
| Salt                    | $\frac{1}{2}$ cup boiling water                             |
| Pepper                  | $\frac{1}{2}$ cup white wine, Italian ver-                  |
| 4 tablespoons butter    | mouth, <i>or</i> orange juice                               |
|                         | 1 teaspoon cornstarch                                       |

Peel two oranges and quarter. Remove white inner pulp from peel and cut peel in thin strips to make 1 tablespoonful. Dress and clean duck (p. 369), rub with salt and pepper, and cook in butter in heavy pan until skin is well browned. Add stock, orange quarters, and peel. Cover closely and simmer until tender (about  $1\frac{1}{2}$  hours). Remove duck, place on hot platter, and keep warm while making sauce. Add  $\frac{1}{2}$  cup white wine or orange juice to pan and heat to boiling point. Add 1 teaspoon cornstarch mixed with enough cold water to pour and stir until slightly thickened. Add curaçao to taste, if liked, and pour over duck. Garnish with thin slices of unpeeled orange. *Serves 6.*

### DUCKLINGS

Broil or plank small ducklings like Broiled Chicken (p. 372) or Planked Chicken (p. 373). Roast larger ones like Roast Duck (about 30 minutes).

**ROAST DUCK (Wild)**

Let stand in warm room until chill is completely off.

Dress, clean, stuff with sliced apple or onion, and truss. Sprinkle with salt and pepper, cover breast with 2 very thin slices fat salt pork. Bake 15 to 30 minutes in very hot oven (450° F.), basting every 5 minutes with fat in pan. Remove apple or onion. For very rare duck, roast 12 to 20 minutes, according to size.

**ROAST GUINEA HEN**

Roast like Roast Chicken (p. 377).

**SQUAB GUINEAS**

Broil or plank like Broiled Chicken (p. 372) or Planked Chicken (p. 373). Serve on toast with garnish of watercress. *Allow 1 per person.*

**ROAST GOOSE**

Singe, remove pinfeathers, wash, and scrub; then draw (which is removing inside contents). Wash in cold water and wipe. Stuff, truss, sprinkle with salt and pepper, and lay 6 thin strips fat salt pork over breast unless goose is very fat.

Place on rack in dripping pan, put in hot oven (400° F.), and roast 20 minutes or until flour is well-browned. Reduce heat to moderate (350° F.) and continue roasting 20 to 25 minutes per pound. Baste every 15 minutes with fat in pan. Remove pork last half-hour of cooking.

Place on platter, remove string and skewers. Garnish with watercress and bright red cranberries. Serve with Applesauce (p. 52) or Fried Apple Rings (p. 216). Allow about 8 cups stuffing for a 10-pound goose, using Plain Stuffing (p. 210), Apple Stuffing (p. 211), or Apple and Prune Stuffing I or II (p. 212). *A 10-pound goose serves 10.*

**ROAST GOOSE (Wild)**

Prepare like Roast Duck (Wild). Roast in hot oven (400° F.) until done — at least 2 hours, as wild geese are often old and very tough.

**BREAST OF GROUSE, SAUTÉ CHASSEUR**

|                  |                                       |
|------------------|---------------------------------------|
| 2 grouse         | Bit of bay leaf                       |
| Butter           | 4½ tablespoons flour                  |
| Salt, pepper     | ¾ cup stewed and strained tomatoes    |
| 1 stalk celery   | Salt, cayenne                         |
| 3 slices carrot  | Lemon juice                           |
| 2 slices onion   | 1 teaspoon finely chopped parsley     |
| 2 sprigs parsley | ½ cup canned mushrooms, cut in slices |

Remove breast from grouse, cut each in half, and sauté in butter. When partially cooked, season with salt and pepper. Break grouse in pieces, cover with cold water, add carrot, celery, onion, parsley, and bay leaf, and cook until stock is reduced to ¾ cup. Make sauce of 3 tablespoons butter, flour, stock from grouse, and tomatoes; season with salt, cayenne, and lemon juice to taste and add chopped parsley and mushrooms. Arrange breast meat on serving dish and surround with sauce. *Serves 4 to 6.*

**LARDED STUFFED ENGLISH PARTRIDGE**

|                             |              |
|-----------------------------|--------------|
| 3 birds                     | ½ cup sherry |
| Fat salt pork for larding   | Toast        |
| 3 tablespoons melted butter | Watercress   |
| Cold Orange Sauce (p. 237)  |              |

Clean, stuff, lard, and truss birds. Put in casserole and add ½ cup trimmings from pork cut in small pieces. Put in moderately hot oven (375° F.) and cook uncovered 15 minutes, basting 3 times with butter. Pour over sherry, cover, and cook 25 minutes, reducing heat to moderately slow (325° F.). Arrange on toast, garnish with watercress, and serve with sauce. *Serves 6.*

**ROAST PHEASANT**

Put a piece of fat bacon over the breast, tie with a string, place in baking pan, and bake 30 to 40 minutes, basting frequently while cooking. Serve on a buttered slice of toast, garnish with watercress, and with it serve Bread Sauce (p. 225), browned bread crumbs, and gravy. Remove bacon before serving. *Serves 2 to 4.*

**PIGEON PIE**

|                             |                                  |
|-----------------------------|----------------------------------|
| 6 pigeons                   | 2 sprigs parsley                 |
| Salt pork fat               | 2 stalks celery                  |
| ½ teaspoon peppercorns      | 4 tablespoons butter             |
| 1 onion stuck with 8 cloves | 3 tablespoons flour              |
| 8 slices carrot             | Vol-au-Vent (p. 599), if desired |

Dress, clean, and truss pigeons and sauté in fat until entire surface is seared, turning frequently. Put in kettle, nearly cover with boiling water, and add peppercorns, onion, carrot, parsley, and celery, and simmer 3 hours or until tender. Remove pigeons, strain liquor, and thicken with butter and flour cooked together. Reheat pigeons in sauce, arrange in Vol-au-Vent, and cover with pastry top, or serve from casserole. *Serves 6.*

**ROAST PIGEONS**

Clean, stuff, and truss. Roast 45 minutes or until tender in hot oven (400° F.), basting frequently. *Allow 1 small pigeon per person.*

**BROILED QUAIL or PLOVER**

Follow recipe for Broiled Chicken (p. 372), allowing 8 minutes.

Serve on toast. Pour over a little of the juice from pan and 1 teaspoon melted butter. Garnish with parsley and lemon or sprinkle with few drops of lemon juice and minced parsley. Serve with currant jelly or Rice Croquettes with Jelly (p. 112).

**ROAST QUAIL**

Dress, clean, remove pinions, lard, and truss. Larding may be done at market. Place on rack in small shallow pan. Rub with salt, brush over with melted butter, dredge with flour, and surround with trimmings of fat salt pork. For special flavor, wrap in fresh grape leaves. Bake 15 to 20 minutes in hot oven (400° F.), basting 3 times. Remove string and skewers, pour around Bread Sauce (p. 225), and sprinkle with coarse, browned bread crumbs. *Allow 1 per person.*

**Roast Grouse.** Remove skin covering breast if it is tough. Insert 2 lardoons in each leg. Roast 20 to 25 minutes.

## BIRDS ON CANAPÉS

|                                 |                                   |
|---------------------------------|-----------------------------------|
| 6 birds (quail <i>or</i> squab) | 6 boiled chickens' livers         |
| Salt, pepper                    | Onion juice                       |
| Butter                          | 1 teaspoon finely chopped parsley |
| 3 tablespoons flour             | 6 pieces toast                    |

Split birds, season with salt and pepper, and spread with 4 tablespoons butter, rubbed until creamy and mixed with flour. Bake in hot oven (425° F.) until well browned, basting every 4 minutes with 2 tablespoons butter, melted in  $\frac{1}{4}$  cup water (20 to 30 minutes). Chop livers, season with salt, pepper, and onion juice, moisten with melted butter, and add parsley. Spread mixture on toast, arrange a bird on each canapé, and garnish with parsley. *Serves 6.*

## SAUTÉED QUAIL À LA MOUQUIN

|                                        |                               |
|----------------------------------------|-------------------------------|
| 6 quail, dressed, cleaned, and trussed | 2 cloves                      |
| $\frac{1}{2}$ cup butter               | 1 pint white wine             |
| 2 shallots, finely chopped             | 1 pint heavy cream            |
| 2 cloves garlic, finely chopped        | $\frac{1}{2}$ teaspoon salt   |
| $\frac{1}{2}$ bay leaf                 | $\frac{1}{8}$ teaspoon pepper |
| 1 teaspoon peppercorns                 | Few grains cayenne            |
| 1 teaspoon finely cut chives           |                               |

Cook butter with shallots, garlic, bay leaf, peppercorns, and cloves for 8 minutes, stirring constantly. Sauté quail in mixture until well browned. Add wine and simmer 30 minutes. Remove quail, strain sauce into casserole, and add cream slowly. Add remaining seasonings and quail, cover, and heat to boiling point. Serve in casserole. *Serves 6.*

## BREAST OF QUAIL, LUCULLUS

|          |                                                       |
|----------|-------------------------------------------------------|
| 6 quails | 2 cups Brown Stock (p. 178) <i>or</i> strong consommé |
|----------|-------------------------------------------------------|

Remove breast with bone, lard, and bake 20 minutes in hot oven (400° F.), basting every 5 minutes with stock to give glazed appearance. Serve with brown sauce made of remaining stock seasoned with tomato catsup and a bit of mashed sweet potato. *Serves 6.*



## QUAIL PIES

|                  |                                    |
|------------------|------------------------------------|
| 6 quails         | Bit of bay leaf                    |
| 6 slices carrot  | $\frac{1}{4}$ teaspoon peppercorns |
| Stalk of celery  | Flour                              |
| 2 slices onion   | Salt and pepper                    |
| Sprig of parsley | Lemon juice <i>or</i> sherry       |

Remove breasts and legs from birds, season with salt and pepper, dredge with flour, and sauté in butter. To butter in pan add vegetables and peppercorns and cook 5 minutes. Separate backs of birds in pieces, cover with cold water, add vegetables, and cook slowly 1 hour. Drain stock from vegetables and thicken with flour diluted with enough cold water to pour easily. Season with salt, pepper, and lemon juice or sherry. If not rich enough, add more butter. Allow 1 bird to each individual dish, sauce to make sufficiently moist, and cover with plain or puff paste, in which make 2 incisions, through which the legs of the bird should extend. Bake like Chicken Pie (p. 384). *Serves 6.*

## BROILED JUMBO SQUABS

Broil like Broiled Chicken (p. 372) or Planked Chicken (p. 373).

## ROAST STUFFED JUMBO SQUABS

Clean, stuff with cooked wild rice or Mushroom Stuffing (p. 213), allowing  $\frac{1}{3}$  cup for each bird, and truss. Season with salt and pepper, brush over with melted butter, and bake about 5 minutes in hot oven (500° F.). Reduce heat to moderately slow (325° F.) and continue roasting until tender (30 to 45 minutes). Baste every 6 minutes with  $\frac{1}{3}$  cup butter melted in  $\frac{2}{3}$  cup boiling water or with currant jelly.

## SQUABS EN CASSEROLE

|                              |                               |
|------------------------------|-------------------------------|
| 6 jumbo squabs               | 1 bunch cooked asparagus      |
| Butter                       | (tender tips)                 |
| 1 cup Chicken Stock (p. 184) | 5 Bermuda onions, sliced, and |
| 1 cup boiled potato balls    | broiled, <i>or</i> fried      |

Dress, clean, and truss squabs. Put in casserole, brush over with melted butter, cover, and bake 10 minutes in moderately hot oven

(375° F.). Add stock, cover, and cook until squabs are tender, reducing heat (325° F.). Add vegetables. Serve from casserole. *Serves 6.*

For variety, omit asparagus and onion and add 1 cup peeled and seeded Malaga grapes.

## ROAST TURKEY

*A 10- to 12-pound turkey will serve 10 or 12 and is a good size for roasting. It will take 3-3½ hours.*

Dress, clean, stuff, and truss (pp. 369, 377). Allow 8 cups stuffing for a 10-pound turkey. Use any of following:

New England Stuffing (p. 211) Sausage and Chestnut Stuffing

Giblet (p. 211) or Celery Stuffing (p. 214)

Raisin and Nut Stuffing (p. 211) Potato Stuffing (p. 214)

Oyster Stuffing (p. 211) Apple and Prune Stuffing (p. 212)

Chestnut Stuffing (p. 212)

Place on its side on rack in dripping pan, rub entire surface with salt, and spread breast, legs, and wings with  $\frac{1}{3}$  cup butter, rubbed until creamy and mixed with  $\frac{1}{4}$  cup flour. Dredge bottom of pan with flour. Place in hot oven (450° F.). When flour on turkey begins to brown, reduce heat (350° F.) and baste every 15 minutes until turkey is cooked. For basting, use  $\frac{1}{2}$  cup butter melted in  $\frac{1}{2}$  cup boiling water, and after this is used, baste with fat in pan. Pour water in pan during the cooking, as needed to prevent flour from burning. During cooking, turn turkey frequently, that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning.

| ROASTING TIME<br>( <i>Very young and tender birds may take shorter time</i> ) |                   |
|-------------------------------------------------------------------------------|-------------------|
| TURKEY WEIGHING (UNDRAWN)                                                     | MINUTES PER POUND |
| 7 pounds or less                                                              | 25                |
| 8-10 pounds                                                                   | 20-25             |
| 10-16 pounds                                                                  | 18-20             |
| 18-25 pounds                                                                  | 15-18             |

Remove string and skewers before serving. Gravy (p. 394). Garnish with parsley, celery tips, or curled celery. To carve, see p. 379.

**TURKEY GRAVY**

|                                        |                                                                                   |
|----------------------------------------|-----------------------------------------------------------------------------------|
| 6 tablespoons fat from<br>roasting pan | 3 cups stock (water in which<br>giblets, neck, and wing tips<br>have been cooked) |
| 6 tablespoons flour                    |                                                                                   |
| Salt, pepper, onion juice              |                                                                                   |

Brown fat with flour. Pour on gradually stock or liquor left in pan. Cook 5 minutes, season and strain.

**Turkey Giblet Gravy.** Add cooked giblets, finely chopped.

**Chestnut Gravy.** Add  $\frac{3}{4}$  cup cooked and mashed chestnuts (p. 437). Thin with stock or hot water if too thick.

**BOILED TURKEY**

Follow directions for Boiled Fowl (p. 381). Serve with Oyster (p. 211) or Celery Stuffing (p. 210).

**RABBIT À LA SOUTHERN**

|                                         |                                                        |
|-----------------------------------------|--------------------------------------------------------|
| 2 rabbits, cut in pieces for<br>serving | $\frac{1}{2}$ pound bacon, cut in pieces<br>1 cup milk |
| 3 pints cold water                      | Parsley                                                |

Add  $1\frac{1}{2}$  tablespoons salt to cold water. Pour over rabbit and let stand 3 hours. Drain, wipe, sprinkle with salt and pepper, and roll in flour. Try out bacon; there should be  $\frac{2}{3}$  cup fat. Put in heavy frying pan, add rabbit, cover, and cook slowly  $1\frac{1}{2}$  hours, turning frequently. Pour over milk and cook 30 minutes. Garnish with parsley. *Serves 6.*

**BELGIAN HARE, SOUR CREAM SAUCE**

|                                         |                            |
|-----------------------------------------|----------------------------|
| 1 hare, cleaned and split               | 1 cup Brown Stock (p. 178) |
| Fat salt pork for larding               | 1 cup heavy cream          |
| 8 slices carrot, cut in small<br>pieces | Juice 1 lemon              |
| $\frac{1}{2}$ small onion               | 2 tablespoons flour        |
| 2 tablespoons bacon fat                 | 2 tablespoons butter       |
|                                         | Salt, pepper               |

Lard hind legs and back, season with salt and pepper. Cook carrot and onion in bacon fat 5 minutes. Add stock, and pour around hare in pan. Bake 45 minutes in hot oven (400° F.), basting often. Add cream and lemon juice. Cook 15 minutes longer and baste every 5 minutes. Remove to serving dish, strain sauce, thicken with butter and flour cooked together, season with salt and pepper, and pour it around hare. *Serves 6.*

**BELGIAN HARE À LA MARYLAND**

Cut body in 6 pieces, legs in 2. Follow directions for Maryland Chicken (p. 376). Bake 40 minutes, basting with bacon fat in place of butter. *Serves 6.*

**BROILED VENISON STEAK**

Allow venison to hang at least 2 weeks (can be arranged by your butcher).

Wipe steak, sprinkle with salt and pepper, and brush generously with melted butter. Place on greased broiler and broil in hot oven 5 minutes or according to thickness. Venison should be cooked rare, but well browned on the surface. Remove to hot platter and pour over Maître d'Hôtel Butter (p. 235) or Chestnut Sauce (p. 228) seasoned with 3 tablespoons Madeira wine.

**VENISON CUTLETS**

Clean and trim slices of venison cut from loin. Sprinkle with salt and pepper, brush over with melted butter or olive oil, and roll in soft stale bread crumbs. Place in broiler and broil 5 minutes or sauté in butter. Serve with Currant Jelly Sauce (p. 228) seasoned with port or Madeira. *Allow 1 cutlet or more per person.*

**VENISON CUTLETS WITH APPLES**

|                                           |                     |
|-------------------------------------------|---------------------|
| 1 slice venison, $\frac{1}{2}$ inch thick | Salt and pepper     |
| 4 apples                                  | Butter              |
| Powdered sugar                            | 12 candied cherries |
| $\frac{1}{3}$ cup port                    |                     |

Wipe, core, and cut apples in  $\frac{1}{4}$ -inch slices. Sprinkle with powdered sugar, add wine, cover, and let stand 30 minutes. Drain (reserving wine) and sauté in butter. Cut venison in cutlets, sprinkle with salt and pepper, cook 3 or 4 minutes in lightly greased pan. Remove from pan. Melt 3 tablespoons butter in pan, add wine drained from apples and cherries. Reheat cutlets in sauce and serve with apples. *Serves 4 to 6.*

**ROAST LEG OF VENISON**

Prepare and cook like Roast Lamb (p. 338), allowing 20 minutes for searing and 20 minutes per pound for roasting. Venison should be cooked rare.

**SADDLE OF VENISON**

Order a 6-pound saddle of venison and have it larded. Wipe with damp cloth, rub with fat, and sprinkle with 1 tablespoon salt,  $\frac{1}{4}$  teaspoon pepper, and a few grains of cayenne. Roast 20 minutes per pound, beginning with hot oven (450° F.) for 30 minutes, then reducing heat to slow (300° F.). Serve with Currant Jelly Sauce (p. 228). *Serves 8.*

**CREAMED CHICKEN**

|                                    |                             |
|------------------------------------|-----------------------------|
| 2 cups cooked chicken, diced       | 2 cups White Sauce (p. 222) |
| or cut in strips                   | or Velouté Sauce (p. 226)   |
| $\frac{1}{8}$ teaspoon celery salt |                             |

Heat chicken in sauce, seasoned with celery salt or other seasoning to taste. Let stand in double boiler 30 minutes. If desired, add  $\frac{1}{4}$  cup mushroom caps sautéed in butter. One cup cooked celery thinly sliced may be substituted for 1 cup chicken. *Serves 6 or more.*

If desired, serve in border of Duchess Potatoes (p. 410), in Mashed-potato Baskets (p. 410), Croustâdes (p. 163), Patty Shells (p. 598), or on toast.

**Chicken and Oysters à la Métropole.** Add 1 pint oysters, cleaned and drained. Cook until oysters are plump. Serve sprinkled with  $\frac{1}{3}$  cup finely chopped celery.

**À la Cadillac.** Add  $\frac{1}{2}$  cup diced cooked ham. Arrange, if desired, in individual casserole dishes with 3 short stalks of hot, buttered asparagus on each.

**Scalloped Chicken.** Arrange in buttered baking dish. Sprinkle with buttered crumbs and bake in moderately hot oven (375° F.) until crumbs are brown. As a variation, use part chopped hard-cooked eggs or alternate layers of sliced chicken and boiled macaroni or rice, and pour over White (p. 222), Brown (p. 228), or Tomato Sauce (p. 230).



**Mock Terrapin.** Use Thin White Sauce or cream. Add 2 hard-cooked eggs, chopped fine, and few grains of cayenne. Just before serving, add 3 tablespoons sherry.

**Blanquette of Chicken.** When thoroughly heated, stir in 2 egg yolks, slightly beaten and mixed with 2 tablespoons milk. Cook 2 minutes and add 1 tablespoon minced parsley.

**Chicken Curry II.** Season with curry powder. Serve in border of boiled rice and pass divided condiment dish with chopped toasted almonds or peanuts, chutney, and coconut. Curry powder may be omitted from sauce and brown gravy seasoned with curry passed separately. (Chicken Curry I, p. 384)

### CREAMED CHICKEN AND MUSHROOMS

|                                            |                                      |
|--------------------------------------------|--------------------------------------|
| 1 cup cooked chicken, cubed                | $\frac{1}{2}$ teaspoon salt          |
| 6 mushrooms, cut in pieces                 | $\frac{1}{8}$ teaspoon cayenne       |
| $\frac{1}{2}$ truffle, cut in small pieces | $\frac{1}{8}$ teaspoon grated nutmeg |
| 2 tablespoons butter                       | 1 egg, slightly beaten               |
| 2 tablespoons flour                        | 1 tablespoon cream                   |
| 1 tablespoon sherry                        | 1 cup Chicken Stock (p. 184)         |

To chicken add mushrooms, truffle, and butter. Cook 5 minutes, stirring almost constantly; then add flour, and when well blended pour on stock and simmer 10 minutes. Season with salt, cayenne, nutmeg, and sherry. Add egg, diluted with cream. Reheat. *Serves 6.*

### CHICKEN À LA KING I

|                                                         |                                           |
|---------------------------------------------------------|-------------------------------------------|
| $1\frac{1}{2}$ tablespoons chicken fat <i>or</i> butter | 1 cup boiled fowl, cut in strips          |
| $1\frac{3}{4}$ tablespoons flour                        | $\frac{1}{2}$ cup sliced mushrooms, fried |
| $\frac{1}{2}$ cup hot Chicken Stock (p. 184)            | in butter                                 |
| $\frac{1}{2}$ cup scalded milk                          | $\frac{1}{4}$ cup canned pimientos, cut   |
| $\frac{1}{4}$ cup scalded cream                         | in strips                                 |
| $\frac{1}{2}$ teaspoon salt                             | 1 egg yolk, slightly beaten               |
| 2 tablespoons butter                                    | 2 tablespoons sherry, if desired          |

Melt fat, add flour, and stir until well blended; then pour stock, milk, and cream on gradually, while stirring constantly. Bring to boiling point and add salt, butter bit by bit, fowl, mushrooms, and pimientos. Again bring to boiling point and add egg yolk and sherry if used. *Serves 6 or more.*

## CHICKEN À LA KING II

|                           |                                            |
|---------------------------|--------------------------------------------|
| 1 tablespoon butter       | Few grains cayenne                         |
| 1 cup mushrooms           | 1½ cups milk (part cream, if desired)      |
| 1 tablespoon green pepper | 1 cup Chicken Stock (p. 184)               |
| 4 tablespoons flour       | 2 cups cooked chicken                      |
| ½ teaspoon salt           | 1 tablespoon parsley, chopped              |
| ½ teaspoon celery salt    | 1 tablespoon pimiento, cut in small pieces |

Melt butter, add mushrooms and green pepper. Stir and cook 5 minutes. Add flour mixed with seasonings. Cook 5 minutes. Add milk and Chicken Stock slowly. Add chicken, parsley, and pimiento. Reheat. *Serves 8 or more.*

## CHICKEN À LA McDONALD

|                                                  |                                                       |
|--------------------------------------------------|-------------------------------------------------------|
| 3 cold, boiled potatoes, cut in<br>⅓-inch slices | 1 truffle, if desired<br>1½ cups White Sauce (p. 222) |
| 1 cup cooked chicken, cut in strips              |                                                       |

Heat chicken, potatoes, and truffle (cut in strips) in sauce. *Serves 6.*

## CHICKEN POULETTE

Arrange slices of cooked chicken in baking dish. Add sliced sautéed mushroom caps. Pour Velouté Sauce (p. 226) over chicken, omitting cream. Bake 30 minutes in hot oven. Mix egg yolk with ⅓ cup cream and stir into mixture. Reheat. Stir in ½ teaspoon lemon juice and serve.

## CHOP SUEY I

|                                                              |                                                                 |
|--------------------------------------------------------------|-----------------------------------------------------------------|
| Breast meat from 1 uncooked<br>chicken, cut in 1-inch strips | 1 cup Chicken Stock (p. 184)                                    |
| 1 tablespoon butter                                          | ½ teaspoon sugar                                                |
| ¾ cup celery, cut in thin slices<br>crosswise                | 2 teaspoons Shoyu sauce                                         |
| 1 onion, sliced                                              | ½ green pepper (seeds removed),<br>cut in thin strips           |
| 6 mushroom caps, sliced                                      | 1 teaspoon cornstarch, diluted<br>with 2 tablespoons cold water |

Melt butter, add chicken, cook 2 minutes. Add celery, onion, and mushrooms. Cook 5 minutes. Add other ingredients in order given. Bring to boiling point and simmer 3 minutes. *Serves 6.*

## CHOP SUEY II

- |                                                                     |                                                                    |
|---------------------------------------------------------------------|--------------------------------------------------------------------|
| 1 pound white meat of chicken,<br>pork, veal, crab, or lobster meat | 6 mushroom caps, peeled and sliced                                 |
| 4 tablespoons chicken or other<br>fat                               | 6 Chinese water chestnuts, peeled                                  |
| 1 cup celery, cut in thin slices<br>crosswise                       | $\frac{1}{2}$ pound bean sprouts                                   |
| 1 onion, peeled and cut in thin<br>slices                           | $\frac{1}{4}$ pound bamboo shoots, cut in<br>diamond-shaped pieces |
|                                                                     | 1 teaspoon Shoyu sauce                                             |
|                                                                     | 2 cups Chicken Stock (p. 184) or water                             |
|                                                                     | Salt and pepper                                                    |

Cut meat in 1-inch strips and cook in frying pan in half the fat. Cook vegetables 5 minutes in remaining fat, add bean sprouts, bamboo shoots, Shoyu sauce, Chicken Stock, and chicken. Simmer gently until well cooked. Season with salt and pepper. *Serves 8.*

## CHICKEN TIMBALES

- |                                      |                                          |
|--------------------------------------|------------------------------------------|
| 2 tablespoons butter                 | $\frac{1}{2}$ tablespoon chopped parsley |
| $\frac{1}{4}$ cup stale bread crumbs | 2 eggs, slightly beaten                  |
| $\frac{2}{3}$ cup milk               | Salt                                     |
| 1 cup chopped, cooked chicken        | Pepper                                   |

Melt butter, add bread crumbs and milk, and cook 5 minutes, stirring constantly. Add chicken, parsley, and eggs. Season.

**To Bake.** Butter molds slightly and fill  $\frac{2}{3}$  full. Place in pan of hot water on several thicknesses of paper and bake 20 minutes or until firm in a moderate oven (350° F.). Molds may be covered with buttered paper to keep them from browning too rapidly.

Let stand 6 minutes or set in cold water for a moment. Unmold, serve with Béchamel Sauce (p. 225). *Makes 6 or more.*

**Pimiento Timbales.** Line molds with canned pimientos. Bake. Serve with Brown Mushroom Sauce I or II (pp. 228, 232). Other fillings may be used.

## CHICKEN TIMBALES FARCI

Garnish slightly buttered small molds with chopped truffles or slices of truffles cut in fancy shapes or sliced sautéed mushrooms. Line with Chicken Force meat (p. 173). Fill centers with Creamed Mushrooms (p. 445) or Creamed Chicken and Mushrooms (p. 397) with or without truffles. Cover with forcemeat and bake. (*See Chicken Timbales, above.*) Serve with Béchamel (p. 225), Yellow Béchamel (p. 225), or Cream (p. 222) Sauce.

**CHICKEN AND LIVER TIMBALES**

|                                                  |                                                 |
|--------------------------------------------------|-------------------------------------------------|
| 1 cup chopped, cooked chicken                    | $\frac{1}{2}$ teaspoon salt, <i>or to taste</i> |
| $\frac{1}{2}$ cup chopped, cooked chicken livers | $\frac{1}{4}$ teaspoon paprika                  |
| 3 egg yolks, slightly beaten                     | $\frac{1}{2}$ cup heavy cream, beaten stiff     |
| 3 tablespoons Chicken Stock (p. 184)             | 3 egg whites, beaten stiff                      |

Mix chicken and livers and pound in a mortar, adding egg yolks gradually. When thoroughly blended, add stock and seasonings. Fold in cream and egg whites. Bake. (*See Chicken Timbales*, p. 399.) Serve with Creamed Mushrooms (p. 445). *Serves 6.*

**CHICKEN MOUSSE I**

|                                                                |                                 |
|----------------------------------------------------------------|---------------------------------|
| Breast and second joints of uncooked chicken weighing 4 pounds | 4 eggs                          |
|                                                                | $1\frac{1}{3}$ cups thick cream |
|                                                                | Salt and pepper                 |

Force chicken through food chopper or chop very fine. Beat eggs separately, add one at a time, stirring until mixture is smooth. Add cream and season with salt and pepper. Bake (*see Chicken Timbales*, p. 399) 30 minutes. Serve with *Suprême Sauce* (p. 226) or *Béchamel Sauce* (p. 225). *Serves 6.*

**CHICKEN MOUSSE II**

|                                  |                                                        |
|----------------------------------|--------------------------------------------------------|
| $\frac{1}{2}$ breast raw chicken | $\frac{3}{4}$ cup cooked, white chicken meat           |
| 2 egg whites, slightly beaten    | Truffles cut for decorating                            |
| 1 cup heavy cream                | Cream Sauce (p. 222) <i>or</i> Béchamel Sauce (p. 225) |
| Salt, pepper, and cayenne        |                                                        |

Chop and pound raw chicken, force through purée strainer. Add 1 egg white,  $\frac{1}{2}$  cup cream, and season to taste. Add cooked chicken, other egg white, and  $\frac{1}{2}$  cup cream beaten until stiff. Decorate buttered mold or molds with truffle, turn in mixture, and bake until firm. (*See Chicken Timbales*, p. 399.) Serve with sauce. *Serves 6.*

**RUSSIAN CUTLETS**

Cover bottom of cutlet molds with Chicken Pilaf (p. 112), and cover Pilaf with Chicken Forcemeat II (p. 173), doubling the recipe and omitting nutmeg. Bake (*see Chicken Timbales*, p. 399),

allowing 15 minutes. Serve with Brown Mushroom Sauce I or II (pp. 228, 232) and garnish with parsley.

### CHICKEN RING or LOAF

|                             |                                    |
|-----------------------------|------------------------------------|
| 1 cup soft bread crumbs     | $\frac{1}{4}$ teaspoon paprika     |
| 2 cups milk                 | 1 teaspoon Worcestershire sauce    |
| 2 eggs, slightly beaten, or | 3 cups cooked chicken, diced       |
| 3 egg yolks                 | $\frac{1}{2}$ cup celery, cut fine |
| $\frac{1}{2}$ teaspoon salt | 1 green pepper, finely chopped     |
|                             | Juice of $\frac{1}{2}$ lemon       |

Mix well, pack into buttered mold, set in pan of hot water, bake in moderately slow oven (325° F.) about 40 minutes. Let stand 10 minutes before unmolding. *Serves 6 or more.*

### MACÉDOINE LOAF

|                                                      |                                                   |
|------------------------------------------------------|---------------------------------------------------|
| $\frac{1}{2}$ cup Thin White Sauce (p. 222)          | $\frac{1}{2}$ cup mushroom caps, cut in strips    |
| $\frac{1}{2}$ cup bread crumbs                       | 1 tablespoon canned pimiento, cut in small pieces |
| 2 egg yolks                                          | $\frac{1}{2}$ cup whipping cream, beaten stiff    |
| 1 cup cooked macaroni, in $\frac{1}{2}$ -inch pieces | $1\frac{1}{2}$ teaspoons salt                     |
| $\frac{1}{2}$ cup cold, cooked chicken               | 1 teaspoon parsley, finely chopped                |
|                                                      | 2 egg whites, beaten stiff                        |

To White Sauce add other ingredients, except egg whites. Stir until thoroughly mixed and fold in egg whites. Bake in buttered mold set in pan of hot water in moderately slow oven (325° F.) 40 to 50 minutes. Serve with Tomato Sauce (p. 230) or White Sauce (p. 222) with mushrooms. *Serves 6.*

### MARTIN'S SPECIALTY

|                                                 |                 |
|-------------------------------------------------|-----------------|
| $\frac{1}{2}$ tablespoon onion (finely chopped) | Stock or water  |
| 2 tablespoons butter                            | 1 egg yolk      |
| 1 cup chopped, cooked chicken or veal           | Salt and pepper |
| 1 cup soft bread crumbs                         | Lettuce         |

Tomato Sauce (p. 230)

Cook onion in butter 3 minutes. Add meat and crumbs, moisten with stock, add egg yolk and seasonings. Wrap in lettuce leaves, allowing 2 tablespoons mixture to each. Tie in cheesecloth and steam. *Makes 8.* Serve with sauce.



**CHICKEN CROQUETTES**

|                                        |                                   |
|----------------------------------------|-----------------------------------|
| 1¾ cups chopped, cooked fowl           | 1 teaspoon lemon juice            |
| ½ teaspoon salt                        | Few drops onion juice             |
| ¼ teaspoon celery salt                 | 1 teaspoon finely chopped parsley |
| Few grains cayenne                     |                                   |
| About 1 cup Thick White Sauce (p. 222) |                                   |

Mix ingredients in order given. Chill, shape, crumb, and fry (*see* p. 415). If desired, make sauce with ¾ cup Chicken Stock and ¼ cup cream. Serve with Cream Sauce (p. 222), or Sauterne Jelly (p. 536). *Serves 6.*

White meat of fowl absorbs more sauce than dark meat. This must be remembered, if dark meat alone is used.

Mound in center of heated flat dish and surround with hot, seasoned vegetables, such as peas, small carrot cubes, and cauliflower flowerets. Garnish with parsley.

When making croquettes, save some of the mixture to use for tiny ones to serve with cocktails. *Serves 6.*

**Chicken and Mushroom Croquettes.** Use 1⅓ cups chicken meat and ⅔ cup chopped mushrooms.

**MARYLAND CROQUETTES**

|                                |                                  |
|--------------------------------|----------------------------------|
| 1 cup chopped, cooked fowl     | Onion juice                      |
| Salt, celery salt, and cayenne | 1 pint oysters                   |
| Lemon juice                    | ½ cup Thick White Sauce (p. 222) |

Parboil oysters. Drain and use liquor in making sauce, completing necessary amount with cream. Season fowl with salt, celery salt, cayenne, lemon juice, and onion juice. Moisten with sauce. Cover each oyster with mixture, crumb, fry, and drain (p. 415). *Makes 12 or more croquettes.*

**LINCOLN CROQUETTES**

|                                   |                                                    |
|-----------------------------------|----------------------------------------------------|
| 1 cup bread crumbs                | Thick White Sauce (p. 222) made with Chicken Stock |
| 1 cup walnut meats, cut in pieces | Salt, celery salt, paprika, and nutmeg             |
| 1 cup cooked chicken, cubed       |                                                    |

Mix crumbs, nuts, and chicken. Moisten with sauce. Season. Crumb, fry, and drain (*see* p. 415). Serve with sauce made of half Chicken Stock and half cream, flavored with sherry. *Makes 12 or more croquettes.*

**CHICKEN CROQUETTES, MACÉDOINE**

|                                      |                                                  |
|--------------------------------------|--------------------------------------------------|
| 3 tablespoons butter                 | Few gratings nutmeg                              |
| 1 shallot, finely chopped, <i>or</i> | 1 cup Chicken Stock (p. 184)                     |
| 1 tablespoon finely chopped onion    | 3 egg yolks                                      |
| $\frac{1}{4}$ cup flour              | 1 cup cooked chicken, diced                      |
| 1 teaspoon salt                      | $\frac{1}{2}$ cup cooked ham, diced              |
| $\frac{1}{4}$ teaspoon paprika       | $\frac{1}{4}$ cup mushrooms, cut in small pieces |

Melt butter, add shallot or onion, and cook 3 minutes, stirring constantly. Add flour mixed with seasonings. Stir until well blended, then pour on Chicken Stock gradually, while stirring constantly. Bring to boiling point, add remaining ingredients, cook 5 minutes, and chill. Shape, roll in flour, egg, and crumbs and fry (p. 415).

**CHICKEN *or* TURKEY, DIVAN**

|                               |                              |
|-------------------------------|------------------------------|
| 4 stalks broccoli <i>or</i>   | $\frac{1}{2}$ cup sherry     |
| 8 stalks asparagus            | 4 thick slices cooked turkey |
| 1 tablespoon melted butter    | <i>or</i> chicken breast     |
| 3 tablespoons grated Parmesan | 1 cup Cream Sauce (p. 222)   |
| <i>or</i> Romano cheese       | 2 egg yolks                  |
| 1 tablespoon whipped cream    |                              |

Cook vegetable and arrange in shallow oblong baking dish. Sprinkle with butter, 1 tablespoon cheese, and 2 tablespoons sherry. Arrange breast meat on vegetable. Sprinkle with 1 tablespoon cheese and 2 tablespoons sherry. Beat egg yolks into cream sauce, season, fold in cream, and pour over chicken or turkey. Sprinkle with remaining cheese and sherry. Bake in moderate oven (300° F.) about 12 minutes or until delicately brown. *Serves 2 or 3.*

**DEVEILED BONES**

|                                   |                                                          |
|-----------------------------------|----------------------------------------------------------|
| 2 tablespoons butter              | Drumsticks, second joints, and wings of a cooked chicken |
| 1 tablespoon chili sauce          | Salt and pepper                                          |
| 1 tablespoon Worcestershire sauce | Flour                                                    |
| 1 tablespoon walnut catsup        | 1 cup Chicken Stock (p. 184)                             |
| 1 teaspoon prepared mustard       | Finely chopped parsley                                   |
| Few grains cayenne                |                                                          |

Melt butter and add chili sauce, Worcestershire sauce, walnut catsup, mustard, and cayenne. Cut 4 small gashes in each piece of chicken. Sprinkle with salt and pepper, dredge with flour, and cook in seasoned butter until well browned. Pour on stock, simmer 5 minutes, and sprinkle with chopped parsley. *Serves 6.*

**CHICKEN AND NOODLES**

|                                            |                              |
|--------------------------------------------|------------------------------|
| $\frac{1}{2}$ pound broad egg noodles      | 2 tablespoons butter         |
| $\frac{1}{4}$ pound grated Parmesan cheese | 2 tablespoons flour          |
| Salt and pepper                            | 1 cup cream                  |
| 2 cups cooked chicken meat                 | 1 cup Chicken Stock (p. 184) |
| 2 egg yolks                                |                              |

Cook noodles in boiling salted water 15 minutes. Drain, rinse with cold water, and drain again. Reserve 2 tablespoons cheese and mix the rest with noodles. Add salt and pepper to taste. Arrange in buttered baking dish, cover with chicken. Melt butter, add flour, and cook until well blended; then add cream and Chicken Stock and bring to boiling point; add egg yolks and pour over chicken. Sprinkle with cheese and bake until thoroughly heated and well browned. *Serves 6.*

**CHICKEN or TURKEY HASH**

Chop cooked chicken or turkey and moisten with gravy or cream. Season to taste and cook in hot buttered omelet pan or shallow baking dish until thoroughly heated. Serve from baking dish or turn out onto serving dish and surround with border of Duchess Potatoes (p. 410), peas, asparagus tips, broiled pork sausages, etc.

Finely chopped parsley or pimiento or both may be mixed with chicken or turkey.

**CHICKEN HOLLANDAISE**

|                                   |                                         |
|-----------------------------------|-----------------------------------------|
| $1\frac{1}{2}$ tablespoons butter | $\frac{1}{3}$ cup finely chopped celery |
| 1 teaspoon finely chopped onion   | $\frac{1}{4}$ teaspoon salt             |
| 2 tablespoons cornstarch          | Few grains paprika                      |
| 1 cup Chicken Stock (p. 184)      | 1 cup cooked chicken, cubed             |
| 1 teaspoon lemon juice            | 1 egg yolk, slightly beaten             |

Cook butter and onion 5 minutes, add cornstarch and stock gradually. Add lemon juice, celery, salt, paprika, and chicken; when well heated, add egg yolk and cook 1 minute. *Serves 4.*

**CHICKEN CHARTREUSE**

Prepare and cook like Casserole of Rice and Lamb (p. 343), using chicken in place of lamb. Season chicken with salt, pepper, celery salt, onion juice, and  $\frac{1}{2}$  teaspoon finely chopped parsley.

**CHICKEN SOUFFLÉ**

- |                                           |                                     |
|-------------------------------------------|-------------------------------------|
| 2 cups Thin White Sauce (p. 222)          | 3 egg yolks, well beaten            |
| 2 cups cooked chicken, finely chopped     | 1 tablespoon finely chopped parsley |
|                                           | 3 egg whites, beaten stiff          |
| $\frac{1}{2}$ cup stale soft bread crumbs |                                     |

Add bread crumbs to sauce and cook 2 minutes; remove from fire, add chicken, egg yolks, and parsley, then fold in egg whites. Turn into a buttered baking dish and bake 35 minutes in slow oven (325° F.). *Serves 6.*

**CHICKEN or TURKEY CAKES**

- |                                         |                                      |
|-----------------------------------------|--------------------------------------|
| 1 cup chopped, cooked chicken or turkey | $\frac{1}{4}$ teaspoon salt          |
| 1 tablespoon cream                      | Few grains pepper                    |
| 1 egg, slightly beaten                  | 1 cup White Sauce (p. 222)           |
|                                         | $\frac{1}{3}$ cup celery, finely cut |

Add cream, egg, salt, and pepper to chicken. Shape in small flat cakes, dip in egg and crumbs, and sauté in butter until well browned on both sides. Add celery to sauce and pour over cakes just before serving. *Serves 4.*

**SCALLOPED CHICKEN or TURKEY**

- |                                                                   |                         |
|-------------------------------------------------------------------|-------------------------|
| $1\frac{1}{2}$ cups cooked chicken or turkey, cut in small pieces | Seasoned cracker crumbs |
|                                                                   | Buttered cracker crumbs |
| 1 cup chicken or turkey gravy                                     |                         |

Sprinkle bottom of buttered baking dish with seasoned cracker crumbs, add chicken or turkey meat, pour on gravy, and sprinkle with buttered cracker crumbs. Bake in hot oven (400° F.) until crumbs are brown. Turkey, chicken, or veal may be used separately or in combination. *Serves 4 to 6.*

**MINCED TURKEY**

- |                            |                                            |
|----------------------------|--------------------------------------------|
| 1 cup cooked turkey, diced | $\frac{1}{3}$ cup soft, stale bread crumbs |
| Onion juice                | 1 cup turkey gravy                         |

Season gravy with onion juice. Add turkey and crumbs. Heat. Serve on toast and garnish with toast points. *Serves 4.*

**CHICKEN TAMALE PIE**

Line large or individual baking dishes with cooked corn meal. Lay in slices of cooked chicken. Mix stewed fresh or canned tomatoes with fresh or canned corn, season highly with minced onion, chili peppers, salt and pepper, and pour over chicken. Cover with cooked corn meal. Sprinkle with minced bacon or grated cheese. Bake in moderate oven (350° F.) until brown.

**TURKEY, CHICKEN, or VEAL TETRAZZINI**

|                                                          |                                                      |
|----------------------------------------------------------|------------------------------------------------------|
| 1 cup White Sauce (p. 222),<br>made with cream           | ½ cup mushroom caps, sliced<br>and sautéed in butter |
| 1 cup cooked turkey, chicken, or<br>veal, in thin strips | ⅓ cup grated Parmesan<br>cheese                      |
| ½ cup cooked spaghetti, cut<br>in ½-inch pieces          | ¾ cup buttered cracker<br>crumbs                     |

Season sauce with celery salt. Bring to boiling point and add turkey, chicken, or veal, spaghetti, and mushrooms. Fill buttered ramekin dishes or large flat baking dish with mixture, sprinkle with cheese and crumbs, and bake in hot oven (425° F.) until crumbs are brown. *Serves 6.*

**SALMI OF DUCK**

Cut cold roast duck in pieces for serving. Reheat in Spanish Sauce (p. 229).



## CHAPTER 21

### *Potatoes*

**Store** potatoes in quantity in a cool, dry cellar, in barrels, or piled in a bin. Remove sprouts as they appear.

**Sweet Potatoes.** Sweet potatoes, although analogous to white potatoes, belong to a different family, and contain more sugar and more fat than white potatoes. Yams are sweeter and juicier than the more common variety.

#### BAKED POTATOES

Select smooth, medium-sized potatoes. Wash with vegetable brush, dry, and place in dripping pan. Bake 40 minutes or until soft, in a very hot oven (450° F.). Serve at once or else break skin for escape of steam. If skins are to be eaten, potatoes may be rubbed with butter or bacon fat before baking.

**Hotel Style.** Cut 2 crossed gashes across baked potato. Pinch potato to open cut. Put bit of butter in opening. Sprinkle with paprika.

#### STUFFED BAKED POTATOES

|                                 |                                 |
|---------------------------------|---------------------------------|
| 3 large flat potatoes <i>or</i> | 1 tablespoon hot milk <i>or</i> |
| 6 small potatoes                | Tomato Purée (p. 222)           |
| 1 tablespoon butter             | Salt and pepper                 |

• Bake potatoes (see above). Remove from oven, cut in halves lengthwise, scoop out inside. Mash, add butter, salt and pepper, and milk. Refill shells; bake 5 to 8 minutes in very hot oven (450° F.). To give a glazed appearance, add 1 well-beaten egg white to potato mixture before refilling. *Serves 6.*

**With Cheese.** Add  $\frac{1}{2}$  cup grated cheese to potato mixture before refilling. Sprinkle top with grated cheese.

**With Peppers.** Cook 1 tablespoon finely chopped green pepper 3 minutes in butter. Add to potato mixture before refilling.

**Anchovied Stuffed Potatoes.** Cut 6 anchovies in small pieces and season with few gratings nutmeg. Add to potato mixture. Sprinkle with grated cheese and bake.

**MAYFLOWER STUFFED BAKED POTATOES**

|                                                |                                        |
|------------------------------------------------|----------------------------------------|
| 6 potatoes                                     | $\frac{1}{4}$ cup heavy cream or White |
| $\frac{1}{2}$ cup finely chopped cooked<br>ham | Sauce (p. 222)                         |
|                                                | Salt and pepper                        |
| 1 egg yolk                                     |                                        |

Bake potatoes 30 minutes in hot oven (450° F.). Cool slightly. Peel. Cut  $\frac{1}{2}$ -inch slice off top. Scoop out center, leaving thick shell. Cut removed portion in small cubes, mix with ham and cream or sauce and season to taste. Refill shells and put on tops. Brush with egg yolk, slightly beaten and diluted with 1 tablespoon water. Arrange in buttered baking dish and bake in hot oven (450° F.) 30 minutes or until tender. *Serves 6.*

**MARTINIQUE POTATOES**

|                                    |                             |
|------------------------------------|-----------------------------|
| 4 baked potatoes                   | 1 egg yolk, slightly beaten |
| $1\frac{1}{2}$ tablespoons butter  | Salt and pepper             |
| 3 tablespoons cream                | Few gratings nutmeg         |
| 1 egg white, beaten to stiff froth |                             |

Remove inside of potatoes and force through ricer. Add butter, cream, egg yolk, and seasonings. Cook 3 minutes, stirring constantly. Add egg white gradually. Shape between 2 buttered tablespoons, place on buttered sheet, and bake until delicately browned. *Serves 6.*

**BOILED POTATOES**

*Allow 1 medium-sized potato per person or  $1\frac{1}{2}$  pounds new potatoes for 6.* Cook a few extra to use in made-over dishes or salad. Select potatoes of uniform size, or shape in balls with French vegetable cutter or cut in cubes. Scrub thoroughly. Pare or not (to retain full vitamin content, peel after cooking). If pared, drop into cold water to prevent discoloration. Cook in boiling, salted water to cover until soft as in pressure cooker. For 7 potatoes allow 1 tablespoon salt. Drain and keep uncovered in warm place until serving time. Do not serve in covered dish. In boiling large potatoes, it often happens that outside is soft while center is underdone. To finish cooking without potatoes breaking apart, add 2 cups cold water and continue cooking until potatoes are soft in center.

**Steamed Potatoes.** Prepare as above and cook over boiling water 45 minutes or until done.

**Riced Potatoes.** Force hot boiled potatoes through potato ricer or coarse strainer. Serve piled lightly in a hot vegetable dish.

**Boiled New Potatoes.** Scrub, but do not peel. Boil. Peel or serve unpeeled or with a narrow band of peel left on around middle of potato.

**Maître d'Hôtel.** Pour Maître d'Hôtel Butter (p. 235) over 2 cups boiled potato cubes or balls.

**Parsley or Persillade Potatoes.** Add juice of  $\frac{1}{2}$  lemon to  $\frac{1}{2}$  cup melted butter and pour over whole new boiled potatoes or potato cubes or balls. Sprinkle with 1 tablespoon or more finely chopped parsley or roll whole potatoes in  $\frac{1}{2}$  cup chopped parsley.

**With Mint.** Prepare new potatoes as above but sprinkle with finely chopped mint in place of parsley.

### MASHED POTATOES

|                                       |                   |
|---------------------------------------|-------------------|
| 5 hot boiled <i>or</i> baked potatoes | 1 teaspoon salt   |
| 3 tablespoons butter                  | Few grains pepper |
| $\frac{1}{3}$ cup hot milk            |                   |

Rice potato and add other ingredients. Beat with fork or electric beater until creamy, reheat, and pile lightly in hot dish. *Serves 6.*

**Chantilly Potatoes.** Pile in baking dish. Beat  $\frac{1}{2}$  cup heavy cream until stiff, fold in  $\frac{1}{2}$  cup grated cheese, season with salt and pepper. Spread over potatoes and bake in moderate oven (350° F.) until delicately brown.

**Pomme Fondante.** Pile in baking dish. Pour over  $\frac{1}{2}$  cup heavy cream. Sprinkle with  $\frac{3}{4}$  cup coarse, stale bread crumbs. Bake in hot oven (425° F.) until crumbs are brown.

**Potato Border.** Place buttered mold on heat-proof platter, build around it a wall of hot Mashed Potatoes (using 9 potatoes)  $3\frac{1}{2}$  inches high and 1 inch deep. Smooth and crease with case knife, or decorate with potato forced through pastry bag and tube. Remove mold, fill with creamed meat or fish, and reheat in oven before serving.

**Potato Omelet.** Grease hot omelet pan with 1 tablespoon butter, turn in mashed potatoes, spread evenly, cook slowly until browned underneath, and fold like an omelet.

**Savory Potatoes.** Beat in 1 tablespoon chopped watercress and 1 teaspoon finely cut mint leaves.

**MASHED-POTATO BASKETS**

|                            |                              |
|----------------------------|------------------------------|
| 3 cups hot mashed potatoes | 3 egg yolks, slightly beaten |
| 3 tablespoons butter       | Milk to moisten              |
| 1 teaspoon salt            | 1 egg white, slightly beaten |

Add butter, salt, egg yolks, and milk to potatoes. Shape in small baskets with pastry bag and tube. Brush over with egg white and brown in oven. Make handles of parsley. Fill with vegetable or any creamed dish. *Makes 6 or more.*

**DUCHESS POTATOES**

|                           |                              |
|---------------------------|------------------------------|
| 2 cups hot riced potatoes | $\frac{1}{2}$ teaspoon salt  |
| 2 tablespoons butter      | 3 egg yolks, slightly beaten |

Add butter, salt, and egg yolks to potatoes. Beat. Shape, using pastry bag and tube, in form of baskets, pyramids, crowns, leaves, roses, etc., or use as border for planked steak, etc. Brush over with beaten egg diluted with 1 teaspoon water and brown in hot oven (425° F.).

**HONGROISE POTATOES**

|                                                                |                                                                |
|----------------------------------------------------------------|----------------------------------------------------------------|
| 3 cups potatoes, pared and<br>cut in $\frac{1}{3}$ -inch cubes | 1 cup White Sauce (p. 222) or<br>White Sauce with Egg (p. 223) |
| $\frac{1}{3}$ cup butter                                       | Few drops onion juice                                          |
| Finely chopped parsley                                         |                                                                |

Parboil potatoes 3 minutes. Drain, add butter, and cook slowly until potatoes are soft and slightly browned. Season sauce with onion juice, pour over potatoes, and sprinkle with parsley. *Serves 6.*

**GERMAN FRIED POTATOES**

Wash, pare, and slice potatoes thin, using vegetable slicer. Let stand  $\frac{1}{2}$  hour in cold water; drain and dry between towels. Heat fat in heavy frying pan, lay in potatoes, sprinkle with salt, cover pan closely, and cook slowly until tender and brown. If desired, cook finely chopped onion with potatoes. Stir and turn occasionally. *Allow 1 medium-sized potato per person.*

**Chambéry Potatoes.** Pare and slice as above, then arrange in layers in well-buttered shallow baking dish. Season each layer with salt and pepper and brush over with melted butter. Bake in moderate oven (350° F.) until soft and well browned.

## SPANISH POTATOES

|                           |                             |
|---------------------------|-----------------------------|
| 3 cups hot riced potatoes | Salt                        |
| 3 tablespoons butter      | 1½ canned pimientos, puréed |
| ½ cup cream               | or cut in small pieces      |

Add butter, cream, and salt to potatoes. Beat vigorously 5 minutes. Add pimiento; beat until well blended. Reheat. *Serves 6.*

## PITTSBURGH POTATOES

|                                         |                              |
|-----------------------------------------|------------------------------|
| 3 cups ⅓-inch potato cubes              | ½ onion, finely chopped      |
| 2 canned pimientos, cut in small pieces | (or more)                    |
| ¾ cup mild cheese, grated               | 1½ cups White Sauce (p. 222) |
|                                         | ½ teaspoon salt              |

Cook potatoes and onion in boiling, salted water to cover, 5 minutes. Add pimientos and cook 7 minutes. Drain. Turn into buttered baking dish and pour on sauce, mixed with cheese and salt. Bake in moderate oven (350° F.) until potatoes are soft. *Serves 6.*

## POTATOES À LA HOLLANDAISE

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| 3 cups potatoes, sliced <i>or</i> | 1 tablespoon lemon juice            |
| cut in fancy shapes               | ½ teaspoon salt                     |
| Chicken Stock (p. 184)            | Few grains cayenne                  |
| ½ cup butter                      | ½ tablespoon finely chopped parsley |

Cook potatoes in stock to cover. Drain. Cream butter, add lemon juice, salt, and cayenne. Add to potatoes, cook 3 minutes, and add parsley. *Serves 6.*

## HASHED BROWN POTATOES I

|                                |                               |
|--------------------------------|-------------------------------|
| 2 cups chopped <i>or</i> diced | Few grains pepper             |
| raw potatoes                   | Minced parsley, onion         |
| 3 tablespoons fat              | juice <i>or</i> grated onion, |
| 1 teaspoon salt                | if desired                    |

Melt fat, add potatoes and seasonings. Cook until tender. Stir and lift from bottom, so that potatoes will not stick. Add more fat as needed. When tender, brown on bottom, turn, and fold onto serving dish like an omelet. *Serves 4 to 6.*

## BROILED NEW POTATOES

Pare small potatoes and parboil 10 minutes. Drain, brush with melted butter, and broil until done, turning to brown evenly.



**SCALLOPED POTATOES**

|                            |                     |
|----------------------------|---------------------|
| 4 potatoes, pared, cut in  | Flour for dredging  |
| $\frac{1}{4}$ -inch slices | 1 tablespoon butter |
| Salt and pepper            | Milk                |

Put layer of potatoes in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with half the butter; repeat. Add milk until it may be seen through top layer; bake  $1\frac{1}{4}$  hours in moderate oven ( $350^{\circ}$  F.) or until potato is soft. *Serves 4 to 6.*

**POTATOES EN CASSEROLE**

Wash and pare smooth round potatoes of uniform size. Cover with cold water and let stand 2 hours. Drain, put in casserole dish, sprinkle with salt, and add butter, allowing 1 teaspoon to each potato. Cover and bake until soft (about 45 minutes), turning every 15 minutes. *Allow 1 medium-sized potato per person.*

**ANNA POTATOES**

Wash and pare medium-sized potatoes. Cut lengthwise in  $\frac{1}{4}$ -inch slices, and fasten in fan shapes, with small wooden skewers (tooth-picks), allowing 5 slices of potato to each skewer. Parboil 10 minutes, drain, then place in dripping pan, and bake in hot oven ( $400^{\circ}$  F.) until soft, basting every 3 minutes with butter or other cooking fat. *Allow 1 potato per person.*

**FRANCONIA POTATOES**

Pare potatoes of uniform size and parboil 10 minutes; drain and place in pan in which meat is roasting. Bake until soft (about 40 minutes), basting every 10 minutes with fat in pan.

**Brabant Potatoes.** Bake in baking dish, basting 3 times with melted butter.

**OVEN-FRIED POTATOES**

Wash, pare, and cut potatoes in eighths, lengthwise. Soak 1 hour in cold water. Dry between towels. Dip in melted butter and bake in hot oven ( $400^{\circ}$  F.) until delicately brown, turning occasionally. Sprinkle with salt. Shake off superfluous salt. Bacon fat may be used in place of butter.

**POTATO PANCAKES**

|                             |                    |
|-----------------------------|--------------------|
| 3 medium-sized raw potatoes | 1 tablespoon cream |
| 1 tablespoon flour          | 1 egg              |
| 1 teaspoon salt             |                    |

Grate potatoes, add other ingredients. Stir well. Cook by spoonfuls in heavy frying pan in hot fat, turning once.

**FRENCH-FRIED POTATOES**

Wash and pare small potatoes, cut with special potato cutter or cut in eighths lengthwise. Soak 1 hour in cold water to cover. Drain. To reduce time of frying, parboil 2 minutes in boiling salted water to cover. Drain and drop into cold water. Dry between towels. Fry a few at a time in deep fat (370° F.) until delicately browned, and drain on brown paper. Heat fat to a higher temperature (395° F.), return all potatoes to fat, using frying basket, and fry until crisp and brown, keeping the basket in motion. Again drain on brown paper and sprinkle with salt. *3 cups serves 6.*

**Potato Balls or Marbles.** Shape in balls, using French vegetable cutter. Soak 15 minutes in cold water. Dry and fry.

**Shadow Potatoes or Saratoga Chips.** Slice as thin as possible (using vegetable slicer). Soak 2 hours in cold water, changing water twice. Dry and fry.

**Julienne or Shoestring Potatoes.** Cut in matchlike pieces.

**Fried Potato Cubes.** Shape in cubes.

**Lattice Potatoes.** Slice with special vegetable cutter.

**Fried Potatoes, Bourgoyne.** Melt  $\frac{3}{4}$  tablespoon butter in hot, heavy frying pan. Add  $\frac{3}{4}$  teaspoon finely cut chives and 3 cups French-fried Potatoes. Stir over heat until fat is absorbed.

**O'BRIEN POTATOES**

|                     |                                         |
|---------------------|-----------------------------------------|
| 3 cups Fried Potato | 1½ tablespoons butter                   |
| Cubes               | 3 canned pimientos, cut in small pieces |
| 1 slice onion       | Finely chopped parsley                  |

Cook onion in butter 3 minutes. Remove onion and add pimientos to butter. Heat thoroughly, add potatoes. Stir until well mixed. Serve sprinkled with parsley. *Serves 6.*

**PRINCESS POTATOES**

|                            |                                      |
|----------------------------|--------------------------------------|
| 3 cups Fried Potato Cubes  | $\frac{1}{2}$ tablespoon lemon juice |
| 1 cup White Sauce (p. 222) | 1 teaspoon finely chopped parsley    |
| 1 teaspoon beef extract    | 1 tablespoon butter                  |

Add beef extract, lemon juice, parsley, and butter, bit by bit, to sauce. Add potatoes and serve at once. *Serves 6.*

**POTATOES RISSOLÉ**

Pare, soak, dry, and fry  $1\frac{1}{2}$  pounds small new potatoes in deep fat at 375° F. until delicately brown, drain and bake in hot oven (425° F.) until soft (about 25 minutes). Pour on 1 cup White Sauce (p. 222) made with milk or cream. *Serves 6.*

**FRIED POTATO APPLES**

Choose tiny new potatoes or cut large ones in shape of small crab apples. Pare, soak, parboil 2 minutes, dry, and fry like French-fried Potatoes. Insert clove to represent blossom end and parsley for stem and leaf. Dust with paprika. *Allow  $1\frac{1}{2}$  pounds for 6.*

**SOUFFLÉD POTATOES**

Pare Idaho potatoes and cut in even slices,  $\frac{1}{8}$  inch thick, using a vegetable slicer. Do not use end of potatoes as evenness is important for a perfect puff. Potatoes may be cut in rounds with a small biscuit cutter if slices seem large. Soak in ice water 5 minutes; drain and dry thoroughly between towels. Prepare 2 kettles of fat, one heated to 250° F., the other to 425° F. Fry potatoes, a few at a time, at the lower temperature for 3 minutes. Keep well submerged all of this time and turn at least once. At the end of the 3 minutes, lift in wire basket and put immediately into the 425° F. kettle. The potatoes will puff instantly. Continue to fry until delicately brown. Remove, drain on brown paper in a 350° F. oven until all are ready for serving. Salt and serve immediately.

**POTATO CROQUETTES**

|                             |                               |
|-----------------------------|-------------------------------|
| 2 cups hot riced potatoes   | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons butter        | Few grains cayenne            |
| $\frac{1}{2}$ teaspoon salt | 2 egg yolks (may be omitted)  |

*Serves 6.* Mix ingredients in order given, and beat thoroughly.

If liked, add  $\frac{1}{4}$  teaspoon celery salt, few drops onion juice, and 1 teaspoon chopped parsley. To vary, add  $\frac{1}{4}$  cup chopped spinach.

**To Shape.** (When preparing croquette mixture which includes a sauce or cream as an ingredient, add liquid a little at a time until mixture is of right consistency.) Have mixture as soft as can be conveniently handled, so that croquettes will be soft and creamy inside. Chill, to make easier to handle. Make smooth ball by rolling one rounding tablespoon between hands. Then roll on board until of desired length and flatten ends, or shape like a cone, pointed at one end, or shape like a cutlet. Other shapes may be used.

**To Egg and Crumb.** Roll dried bread crumbs, or put through food chopper, then sift through purée sieve. Beat egg to blend yolk and white and add two tablespoons water for each egg used. Coat croquettes thoroughly with crumbs. Then dip in egg mixture, being careful to cover entire surface so that they will not break open. Roll in crumbs once more. For a change, try cornflakes or blanched, shredded almonds in place of crumbs.

**To Fry.** Heat fat to 390° F. If frying thermometer is not used, drop in an inch cube of soft bread; if it is golden brown in forty seconds, fat is at right temperature for croquettes or any cooked mixture.

Dip frying basket in and out of fat. Arrange croquettes, a few at a time, in frying basket. Lower into fat and fry until delicately brown (about one minute). It may be necessary to increase heat slightly as the cold croquettes will lower temperature of fat.

Drain on soft, crumpled paper such as paper towels.

### NUT AND POTATO CROQUETTES

|                               |                                           |
|-------------------------------|-------------------------------------------|
| 2 cups hot riced potatoes     | 1 egg yolk                                |
| 3 tablespoons cream           | $\frac{1}{4}$ cup bread crumbs            |
| $\frac{1}{2}$ teaspoon salt   | $\frac{1}{4}$ cup cream                   |
| $\frac{1}{8}$ teaspoon pepper | $\frac{1}{2}$ egg yolk                    |
| Few grains cayenne            | $\frac{1}{4}$ teaspoon salt               |
| Few drops onion juice         | $\frac{1}{3}$ cup chopped pecan nut meats |

Mix first 7 ingredients and beat thoroughly. Cook bread crumbs with cream to make a thick paste, and cool; then add remaining ingredients. Shape potato mixture in nests, fill with nut mixture, cover with potato mixture, roll until of the desired length, and flatten ends. Crumb and fry (see above). Stand in circular form on serving dish and fill center with a bunch of parsley.



**POTATO APPLES**

Prepare mixture as for Potato Croquettes but omit pepper. Add 2 tablespoons thick cream,  $\frac{1}{3}$  cup grated cheese, and few grains nutmeg. Shape like small apples, roll in flour, egg, and crumbs, and fry (p. 415). Insert clove at stem and blossom ends of each.

**POTATO FRITTERS**

|                           |                          |
|---------------------------|--------------------------|
| 2 cups hot riced potatoes | Few gratings nutmeg      |
| 2 tablespoons cream       | 3 eggs, well beaten      |
| 2 tablespoons wine        | 2 egg yolks, well beaten |
| 1 teaspoon salt           | $\frac{1}{2}$ cup flour  |
| Few grains cayenne        |                          |

Add cream, wine, and seasonings to potatoes. Add eggs, place bowl containing mixture in pan of ice water, beat until cold. Add flour and mix well.

**To Fry.** Heat fat in frying kettle to 375° F. or until it is hot enough to brown an inch cube of bread in 1 minute. Dip a spoon into the fat, then take up a spoonful of the fritter mixture and carefully drop it into the fat, without spattering. Fritters should be cooked through and delicately brown on the outside in 3 to 5 minutes. Remove with skimmer and drain on crumpled soft paper.

**CREAMED POTATOES**

|                                                       |                                                                   |
|-------------------------------------------------------|-------------------------------------------------------------------|
| 2 cups cold boiled <i>or</i> baked<br>potatoes, cubed | $1\frac{1}{2}$ cups White Sauce (p. 222)<br><i>or</i> heavy cream |
|-------------------------------------------------------|-------------------------------------------------------------------|

Add potatoes to sauce. Heat 30 minutes in double boiler over hot water. Add, if desired, chopped green pepper cooked 5 minutes in butter, pimiento cut in small pieces, chopped parsley, or grated cheese. If baked potatoes are to be used, take them from oven while they are still firm. *Serves 6.*

**Potatoes au Gratin.** Put in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

**Delmonico Potatoes.** To Potatoes au Gratin add  $\frac{1}{3}$  cup grated mild cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

**À la Goldenrod.** Hard-cook 4 eggs; chop whites and force yolks through strainer. Mix whites with potatoes, add sauce, sprinkle with yolks, and garnish with parsley.



## POTATO CAKES

Shape cold mashed potato in small flat cakes and roll in flour. Butter hot omelet pan, put in cakes, brown one side, turn, and brown other side, adding butter as needed to prevent burning. Or, pack potato in small buttered pan, set aside until ready for use, turn from pan, cut in slices, roll in flour, and cook as above.

## CURRIED POTATOES

|                                 |                                                           |
|---------------------------------|-----------------------------------------------------------|
| $\frac{1}{4}$ cup butter        | $\frac{1}{2}$ to $\frac{3}{4}$ cup Chicken Stock (p. 184) |
| 1 small onion, finely chopped   | $\frac{1}{2}$ tablespoon curry powder                     |
| 3 cups cold boiled potato cubes | $\frac{1}{2}$ tablespoon lemon juice                      |
| Salt and pepper                 |                                                           |

Cook onion in butter until yellow. Add potatoes and cook until butter is absorbed. Add stock and seasonings. Cook until potatoes have absorbed stock. *Serves 6.*

## POTATOES À L'ANTLERS

|                                        |                  |
|----------------------------------------|------------------|
| 2 cups boiled or baked potatoes, cubed | Salt and paprika |
| 2 tablespoons butter                   | 1 cup cream      |

Put potatoes and butter in saucepan. Sprinkle with salt and paprika. Add cream, cook slowly 40 minutes. Or arrange potatoes in shallow baking dish, sprinkle with salt and pepper, pour over cream, dot with butter, and bake in slow oven (300° F.). Baked potatoes give an excellent flavor. *Serves 6.*

## HASHED BROWN POTATOES II

|                                              |                                                                    |
|----------------------------------------------|--------------------------------------------------------------------|
| 2 cups cold boiled potatoes,<br>chopped fine | Salt                                                               |
| $\frac{1}{8}$ teaspoon pepper                | $\frac{1}{3}$ cup bacon fat or fat tried<br>out from fat salt pork |

*See also p. 411.* Mix potatoes and seasonings. Add 1 tablespoon finely chopped green pepper if desired. Heat fat in omelet pan, add potatoes, and cook 3 minutes, stirring constantly, then turn heat low and cook until brown and crisp on the bottom. Fold like an omelet. *Serves 4.*

**COTTAGE-FRIED POTATOES**

Dice or slice cold boiled potatoes. Season with salt and pepper. Brown both sides in well-greased, heavy frying pan.

**CHARTREUSE POTATOES**

Cut cold boiled potatoes in  $\frac{1}{4}$ -inch slices, sprinkle with salt, pepper, and a few drops onion juice, put slices together in pairs, dip in Batter (p. 424), fry in deep fat (395° F.), and drain on brown paper.

**LYONNAISE POTATOES**

|                       |                    |
|-----------------------|--------------------|
| 3 tablespoons butter  | 2 cups cold boiled |
| 1 small onion, finely | potatoes, sliced   |
| chopped               | Salt and pepper    |

Cook onion in butter 5 minutes. Add potatoes, sprinkle with salt and pepper, and stir until well mixed. Cover and cook slowly until potato is brown underneath, fold, and turn onto hot platter. Potatoes brown better if 2 tablespoons consommé or stock are added. Sprinkle with finely chopped parsley, if desired. *Serves 6.*

**OAK HILL POTATOES**

|                              |                                  |
|------------------------------|----------------------------------|
| 2 cups cold boiled potatoes, | Salt and pepper                  |
| sliced                       | 2 cups Thin White Sauce (p. 222) |
| 6 hard-cooked eggs, sliced   | Buttered cracker crumbs          |

Put layer of potatoes in buttered baking pan, sprinkle with salt and pepper, cover with layer of eggs. Repeat and pour over sauce. Cover with crumbs and bake until crumbs are brown. *Serves 6.*

**ALPHONSO POTATOES**

|                                    |                                            |
|------------------------------------|--------------------------------------------|
| 2 cups cold cooked potatoes, cubed | $\frac{1}{2}$ teaspoon salt                |
| 1 green pepper                     | $1\frac{1}{2}$ tablespoons grated Parmesan |
| $\frac{3}{4}$ cup milk             | cheese                                     |

Remove seeds from pepper. Parboil pepper 6 minutes. Cut in  $\frac{1}{8}$ -inch squares. Add to potato with milk and salt. Simmer 15 minutes. Put in buttered baking dish. Sprinkle with cheese. Bake 10 minutes. *Serves 6.*

**BAKED SWEET POTATOES**

Scrub. Bake 50 minutes or until soft in moderately hot oven (375° F.).

**FRANCONIA SWEET POTATOES**

Pare. Parboil 10 minutes. Drain. Roast in pan with meat (about 40 minutes). Baste every 10 minutes with fat in pan.

**BOILED SWEET POTATOES**

Scrub thoroughly. Cover with boiling water. Add 1 tablespoon salt for 7 potatoes. Cook 20 minutes or until soft. Peel after cooking.

**MASHED SWEET POTATOES**

|                             |                                     |
|-----------------------------|-------------------------------------|
| 2 cups riced sweet potatoes | $\frac{1}{2}$ teaspoon salt         |
| 3 tablespoons butter        | Hot milk or orange juice to moisten |

Mix ingredients and beat until light. *Serves 6.*

**Sweet Potato Puff.** Beat in 1 egg or 2 egg yolks or whites. Pile lightly on buttered baking dish. Bake 15 minutes in hot oven (450° F.).

**Mashed Sweet Potatoes de Luxe.** Add  $\frac{1}{2}$  cup drained, crushed pineapple or  $\frac{1}{2}$  cup chopped pecan nut meats. Put in buttered baking dish, dot over with marshmallows. Bake in moderately hot oven (375° F.) until marshmallows melt and brown.

**Sweet Potatoes, Georgian Style.** Put in buttered baking dish, leaving a rough surface. Boil 2 tablespoons molasses and 1 teaspoon butter 5 minutes and pour over potatoes. Bake in hot oven (400° F.) until delicately brown.

**In Orange Cups.** Cut 3 oranges in halves. Remove pulp and white membrane. Use orange juice to moisten potatoes. Add some of orange pulp, cut small, if liked. Mixture may be flavored with 1 tablespoon sherry. Fill orange shells, sprinkle with brown sugar, and broil or bake in moderate oven (350° F.) until slightly glazed.

**Sweet Potato Puffs.** Shape in balls, about 2 inches through. Brush with melted butter. Roll in corn flakes, chopped crisp bacon, or chopped almonds. Arrange on baking sheet and bake until brown in moderate or hot oven. Potato may be molded around marshmallow halves.

**SHERRIED SWEET POTATOES**

6 medium-sized sweet potatoes

Salt

2 tablespoons butter

Cream to moisten

Sherry

Bake potatoes, scoop out inside, and add salt, butter, and cream. Flavor with sherry to taste. Refill skins and bake 5 minutes in hot oven (425° F.). *Serves 6.*

**CANDIED SWEET POTATOES**

6 medium-sized sweet potatoes

 $\frac{1}{4}$  cup butter $\frac{1}{2}$  cup brown sugar $\frac{1}{4}$  cup water

Boil potatoes, pare, and cut in halves lengthwise. Heat butter and brown sugar in heavy frying pan. Add potatoes, turn until brown on both sides. Add water, cover closely, reduce heat, and cook until tender and delicately brown. Potatoes may be cooked in slow oven. *Serves 6.*

**Flambé.** Pour over  $\frac{1}{2}$  cup brandy, light with match, and serve flaming.

**SWEET POTATOES EN BROCHETTE**

Wash and pare potatoes, and cut in  $\frac{1}{3}$ -inch slices. Arrange on skewers in groups of 3 or 4, parboil 6 minutes, and drain. Brush over with melted butter, sprinkle with brown sugar, and bake in hot oven (425° F.) until well browned.

**SWEET POTATO BALLS or CROQUETTES**

2 cups hot, riced sweet potatoes

3 tablespoons butter

 $\frac{1}{2}$  teaspoon salt

Few grains pepper

1 egg, slightly beaten

Combine ingredients, shape in small balls or croquettes, roll in flour or dip in crumbs, egg, and crumbs, and fry (p. 415). If potatoes are very dry, add hot milk to moisten. *Serves 6.*

**With Almonds.** Add to mixture  $\frac{1}{4}$  cup chopped almonds,  $\frac{1}{8}$  teaspoon nutmeg, and 1 teaspoon sugar.

**SCALLOPED SWEET POTATOES AND APPLES**

|                                                                    |                                              |
|--------------------------------------------------------------------|----------------------------------------------|
| 2 cups boiled sweet potatoes,<br>cut in $\frac{1}{4}$ -inch slices | $1\frac{1}{2}$ cups sour apples, sliced thin |
| $\frac{1}{2}$ cup brown sugar                                      | 4 tablespoons butter                         |
|                                                                    | 1 teaspoon salt                              |

Put half the potatoes in buttered baking dish, cover with half the apples, sprinkle with half the sugar, dot over with half the butter, and sprinkle with half the salt. Repeat. Bake 1 hour in moderate oven (350° F.). *Serves 6.*

**CREAMED SWEET POTATOES**

|                                              |                                     |
|----------------------------------------------|-------------------------------------|
| 2 cups cold, boiled sweet<br>potatoes, cubed | $\frac{1}{8}$ teaspoon black pepper |
| 2 tablespoons butter                         | Few grains paprika                  |
| $\frac{1}{2}$ teaspoon salt                  | 2 tablespoons flour                 |
|                                              | 1 cup top milk                      |

Cook potatoes with butter 3 minutes. Add seasonings, sprinkle with flour, and pour on milk. Cook very slowly 20 minutes. *Serves 6.*



## CHAPTER 22

# Vegetables

**To Select.** Visit the market personally to choose vegetables in order to get best quality and value. Quantity buying at the public market or in the country is an economy for a large family or, if planned co-operatively, for several families. Select vegetables free of blemishes and with fresh and unwilted leaves, if any. **Quick-frozen vegetables** may be as inexpensive as fresh and are superior in quality at times. Commercially **canned vegetables** retain more of the vitamin content than home-canned or overcooked ones.

**To Prepare for Cooking.** Remove any blemishes. Wash thoroughly. Warm water does the work more quickly than cold, but vegetables should not be allowed to stand in warm water. A small brush is a help in cleaning other than leafy vegetables. Let old vegetables stand in cold water before cooking to restore some of lost moisture.

### **To Cook.**

1. *In Boiling Water.* Add salt when vegetables are half done. Retain the cooking water since it contains valuable vitamins which would otherwise be lost, reducing it if a stronger stock is desired. Use in soups and sauces. Cook **leafy vegetables** uncovered to preserve bright color. Use only as much water as is necessary to prevent burning. Cook **root vegetables** in water to cover.

Cook **strong-juiced vegetables**, such as onions, cauliflower, and cabbage, in kettle without cover, in water deep enough to cover. To absorb some of the odor, wrap a piece of bread in cheesecloth and place in kettle during cooking.

In cooking vegetables which are not young and tender, add from 1 to 3 teaspoons sugar to cooking water. This restores some of the original sweetness.

Never use soda in cooking vegetables since it has been found to destroy certain vitamins.

2. **Steam** over boiling water.

3. **Pressure Cooker.** The quickest method (time reduced 50% or more). Color and flavor of vegetables are excellent and vitamin



*Vegetables Retain Their Beauty and Their Vitamins When Cooked under Pressure*

content of vegetables largely retained. Follow directions supplied by manufacturer as cookers of different types are on the market.

4. **"Waterless" Cooking.** For maximum retention of flavor and juices, cook fresh vegetables and fruits quickly, using minimum heat, very little or no water, and a heavy pan with a close-fitting cover. Especially designed equipment is available — with bottoms, sides, and covers of correctly graduated thickness to provide quick and even heat, and self-basting covers which confine heat and steam within the utensil at the low temperature required.

5. **In Oven** in covered dish with small amount of water (often an economy as vegetables may be cooked while other foods are baking or roasting). Use any temperature from 250° F. to 500° F.

6. **Sauté** young tender vegetables in butter or olive oil.

7. **Deep-Fat Frying.** Dip sliced onion rings, green pepper rings, etc., in flour and fry in deep fat (370° F.). Drain.

**Vegetable Croquettes.** See general instructions for making croquettes (p. 415). Vegetable Fritters (p. 424)

**BOILED or STEAMED**

Time for cooking the same vegetables varies according to freshness and age. Therefore, time-tables for cooking serve only as guides.

|                       |                            |                        |               |
|-----------------------|----------------------------|------------------------|---------------|
| Artichokes, French    | 25-40 minutes              | Endive                 | 10 minutes    |
| Artichokes, Jerusalem | 25-35 minutes              | *Fennel                | 20-45 minutes |
| Asparagus             | 15-30 minutes              | Greens                 | 20-40 minutes |
| *Beans, string        | 30-60 minutes              | Kale                   | 25-30 minutes |
| Beans, Lima           | 30-45 minutes              | Kohl-rabi              | 25-45 minutes |
| Beets, young          | 35-60 minutes              | Leeks                  | 15-35 minutes |
| *Beets, old           | 3-4 hours                  | Lentils                | 3-4 hours     |
| Beet greens           | 30-45 minutes              | Marrow, vegetable      | 15-20 minutes |
| Broccoli              | 15-30 minutes              | Okra                   | 20-40 minutes |
| Brussels Sprouts      | 15-30 minutes              | *Onions                | 20-45 minutes |
| Cabbage               | 10-20 minutes<br>or 1 hour | Oysterplant or Salsify | 45-60 minutes |
| Carrots, young, whole | 20 minutes                 | *Parsnips              | 30-45 minutes |
| *Carrots, old, sliced | 20-30 minutes              | Peas                   | 15-40 minutes |
| Cauliflower, whole    | 20-30 minutes              | Peppers, green         | 5 minutes     |
| in flowerets          | 8-10 minutes               | Potatoes               | 30-40 minutes |
| Celeriac              | 15-20 minutes              | Potatoes, Sweet        | 20-30 minutes |
| Celery                | 20-35 minutes              | Radishes               | 20 minutes    |
| Chard, Swiss          | 20-40 minutes              | Salsify                | 45-60 minutes |
| Chayote               | 20-35 minutes              | Spinach                | 15-25 minutes |
| Corn, green           | 10-20 minutes              | Squash, summer         | 15-20 minutes |
| Cucumbers             | 10-15 minutes              | †Squash, winter        | 30-40 minutes |
| Dasheens              | 25-35 minutes              | †Tomatoes              | 15-25 minutes |
| †Eggplant             | 15-20 minutes              | *Turnips               | 20-35 minutes |
|                       |                            | Yams                   | 20-30 minutes |
|                       |                            | Zucchini               | 5-20 minutes  |

\* Or until tender

† Baked, see recipes

**Fritters.** Dip neat pieces of cooked, well-drained vegetables in batter, lift out with long-handled fork, or take up by spoonfuls and lower carefully into deep kettle of fat heated to 375° F. or until hot enough to brown an inch cube of bread in 1 minute. Fry until delicately brown (3 to 5 minutes). Remove with skimmer and drain on crumpled soft paper.

**Fritter Batter**

1 cup flour                      2/3 cup milk or water  
 1/4 teaspoon salt              2 eggs, well beaten  
 1 tablespoon olive oil or melted butter

Mix in order given or beat yolks and whites separately, folding in whites last.

**ASPARAGUS**

*A 2-pound bunch serves 6.* Cut off lower parts of stalks as far down as they will snap, wash, remove scales, and retie bunch. Place upright in deep, narrow pan, add boiling water to within 1 inch of tips, and add salt ( $1\frac{1}{2}$  teaspoons to each quart of water). Boil 10 minutes, then add enough boiling water to cover tips, and cook 5 minutes longer. If pan is covered, no water need be added as tops will cook by steam. A double-boiler top may be inverted over lower pan if it fits tightly. Drain and remove string.

Spread with soft butter, or pour on melted butter, *Beurre Noir* (p. 234), *Hollandaise* (p. 232), or *Mousseline Sauce* (p. 226). Serve on buttered toast or sprinkle with browned crumbs or toasted shaved almonds, or roll each 6 spears in a thin slice of ham, or arrange stalks in lemon rings (slice lemon and remove centers).

**Creamed Asparagus.** Cut in inch pieces and boil, adding tips after first 10 minutes of cooking. Serve in *White Sauce* (p. 222), *Cream Sauce* (p. 222), or *Cheese Sauce* (p. 223), or pour over a little cream, heated.

**Asparagus au Gratin.** Arrange creamed asparagus in buttered baking dish. Sprinkle with buttered crumbs and bake until crumbs are brown. Grated cheese may be mixed with crumbs.

**Asparagus Vinaigrette.** Serve hot or cold with *Vinaigrette Sauce* (p. 238).

**FRENCH-FRIED ASPARAGUS TIPS**

Drain fresh-cooked or canned asparagus tips. Dip in egg and fine crumbs or flour. Fry in deep fat ( $350^{\circ}$  F.).

**ARTICHOKE BOTTOMS**

Remove all leaves and choke. Trim and cook until soft in boiling, salted, acidulated water. Serve with *Hollandaise* (p. 232), or *Béchamel Sauce* (p. 225).

**SAUTÉED ARTICHOKE BOTTOMS**

Wash and drain fresh or canned artichoke bottoms. Sauté in butter until delicately brown on both sides. Sprinkle with salt, pepper, and lemon juice.



**FRENCH or GLOBE ARTICHOKEs**

*Allow one to a person.* Cut off stem close to leaves, remove outside leaves, cut off 1 inch from top. Tie with string to keep shape. Soak  $\frac{1}{2}$  hour in cold water. Drain and cook in pressure cooker or in boiling, salted, acidulated water 25 minutes to 1 hour, according to size. Drain upside down, remove string, and cut out choke (the thistlelike portion inside the artichoke). Serve with melted butter, Béchamel (p. 225), Hollandaise (p. 232), Vinaigrette (p. 238), or Béarnaise (p. 233) Sauce.

**Stuffed Artichokes.** Have artichokes slightly underdone. Remove choke and fill with Chicken Force meat I or II (p. 173), and bake 30 minutes in moderate oven (350° F.), basting twice with Thin White Sauce (p. 222). Remove to serving dish and pour sauce over them.

**JERUSALEM ARTICHOKEs**

*One pound serves 6.* Wash and pare. Cook whole, or sliced, in boiling, salted water until soft (15 to 35 minutes). Overcooking toughens this vegetable. Drain, add  $\frac{1}{4}$  cup butter, 2 tablespoons lemon juice, 2 tablespoons finely chopped parsley,  $\frac{1}{4}$  teaspoon salt, and few grains cayenne. Cook 3 minutes.

**WAX BEANS**

*One pound serves 4.* Select beans as nearly stringless as possible. Test by gently pulling off tip end. Remove ends and strings, snap or cut with sharp knife or scissors in inch pieces. Wash, cook in boiling water 20 minutes to 1 hour, or until soft, adding salt when half done. Drain, season with butter and salt. If desired, cook with small piece of ham, bacon, or salt pork.

**GREEN BEANS**

*One pound serves 4.* Prepare like Wax Beans, or cut with a bean cutter, or cut lengthwise and then crosswise in thin pieces about  $1\frac{1}{2}$  inches long. Cook in boiling, salted water 20 minutes or until tender. Drain thoroughly and reheat with butter to taste. Add salt if necessary.

**With Mushrooms.** Combine  $\frac{1}{2}$  pound green beans, prepared and cooked as above, with  $\frac{1}{2}$  pound mushrooms, sliced and sautéed in butter.



**With Cheese.** Arrange 2 cups cooked green beans in buttered baking dish. Season with salt and cayenne. Add  $\frac{1}{2}$  cup grated cheese, 1 tablespoon butter, and  $\frac{1}{4}$  cup heavy cream. Stir until well mixed. Sprinkle with grated cheese and dot over with 1 tablespoon butter. Reheat in hot oven ( $400^{\circ}$  F.).

**Polonaise.** Reheat with  $\frac{1}{4}$  to  $\frac{1}{2}$  cup cream and sprinkle with croûtons or corn flakes, crushed fine.

### SHELL BEANS (LIMA, KIDNEY, ETC.)

*One pound (shelled) serves 4.* Wash and cook in boiling water from 30 minutes to  $1\frac{1}{2}$  hours, adding salt last half-hour of cooking. Cook in sufficiently small quantity of water so that there may be none left to drain off when beans are cooked. Add butter or heavy cream and salt to taste.

### BOSTON BAKED BEANS

|                                   |                                            |
|-----------------------------------|--------------------------------------------|
| 1 quart pea beans                 | 1 tablespoon to 1 cup molasses,            |
| $\frac{3}{4}$ pound fat salt pork | according to taste                         |
| 1 tablespoon salt                 | $\frac{1}{2}$ teaspoon mustard, if desired |
| 3 tablespoons sugar               | Boiling water                              |

Pick over beans, cover with cold water, and soak overnight. Drain, cover with fresh water, heat slowly (keeping water below boiling point), and cook until skins will burst — which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Drain beans. Scald pork and scrape, remove  $\frac{1}{4}$ -inch slice, and put in bottom of bean pot. Cut through rind of remaining pork every half-inch, making cuts 1 inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix salt, molasses, and sugar, add 1 cup boiling water, and pour over beans; then add enough more boiling water to cover beans. Cover bean pot and bake 6 to 8 hours in slow oven ( $250^{\circ}$  F.), uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. If pork mixed with lean is preferred, use less salt.

**Baked Kidney Beans.** Cook like Boston Baked Beans.

**Baked Beans, New York Style.** Omit molasses. Bake in shallow pan. Arrange slices of salt pork over top. Do not add water during last hour of cooking.

**BEANS BRETONNE**

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 1/2 cups pea beans                 | 1 onion, finely chopped         |
| 1 cup stewed and strained tomatoes   | 2 cloves garlic, finely chopped |
| 1 cup Veal or Chicken Stock (p. 184) | 1/4 cup butter                  |
| 6 pimientos, rubbed through sieve    | 2 teaspoons salt                |

Soak beans overnight in cold water, drain, and parboil until soft. Put in baking dish or bean pot, add other ingredients, cover, and cook in slow oven (250° F.) until beans have nearly absorbed sauce. *Serves 6.*

**DRIED LIMA BEANS**

*One cup serves 4.* Cover with boiling water and cook 1 hour. Drain, cover again with boiling water, and cook until tender. Drain, season with salt and pepper. Add 1/2 cup cream or top milk and 1 tablespoon butter. Reheat. Sprinkle with finely cut parsley and pimiento dice.

**LIMA BEANS, FERMIÈRE**

- |                              |                                               |
|------------------------------|-----------------------------------------------|
| 2 cups dried Lima beans      | 2-inch cube fat salt pork cut in small pieces |
| 1/2 teaspoon salt            |                                               |
| 1/8 teaspoon pepper          | 1/2 cup carrot, in 1/3-inch cubes             |
| 1 small onion, thinly sliced | 2 tablespoons butter                          |

Soak beans overnight in cold water to cover. Drain, put in casserole. Add salt and pepper. Try out fat, strain, and cook onion and carrot in fat, stirring constantly until brown. Add to beans. Dot over with butter. Add water to half height of beans. Cover and cook in slow oven (300° F.) until beans are soft. *Serves 4.*

**LENTIL AND LIMA BEAN CROQUETTES**

- |                          |                            |
|--------------------------|----------------------------|
| 1/2 cup dried lentils    | 1/2 cup stale bread crumbs |
| 1/4 cup dried Lima beans | 1 egg, slightly beaten     |
| 1/2 small onion          | Salt and pepper            |
| 1 stalk celery           | 1 tablespoon butter        |
| 3 slices carrot          | 1 tablespoon flour         |
| 1 sprig parsley          | 1/3 cup hot cream          |
- Tomato Sauce (p. 230)

Soak lentils and beans overnight in cold water to cover. Drain, add 3 pints water, onion, celery, carrot, and parsley. Cook until

lentils are soft, remove seasonings, drain, and rub through sieve. To pulp add crumbs, egg, salt, and pepper to taste. Melt butter, add flour and cream gradually. Combine mixtures and cool. Stir until thick and smooth. Shape, crumb, fry, and drain (p. 415).

## BEETS

*One pound serves 4.* Select beets with fresh leaves. Wash and cut off the leaves, leaving 1 inch of stem. Cook whole in boiling water, with or without salt. Young beets require 30 to 45 minutes, older ones 1 to 4 hours. Very old, woody beets will never cook tender. Drain, drop in cold water for a moment, and skin. Leave whole, quarter, or slice. Dot with butter.

**Sugared Beets.** Cut 4 hot boiled beets in thin slices, add 3 tablespoons butter,  $1\frac{1}{2}$  tablespoons sugar, and  $\frac{1}{2}$  teaspoon salt. Reheat.

**Pickled Beets.** Slice cold boiled beets and cover with vinegar.

## BEETS, SOUR SAUCE

|                                                       |                             |
|-------------------------------------------------------|-----------------------------|
| 2 cups cooked beets, cubed                            | $\frac{1}{4}$ cup vinegar   |
| 2 tablespoons butter                                  | $\frac{1}{4}$ cup cream     |
| 2 tablespoons flour                                   | 1 teaspoon sugar            |
| $\frac{1}{2}$ cup water in which beets<br>were cooked | $\frac{1}{2}$ teaspoon salt |
|                                                       | Few grains pepper           |

Melt butter, add flour, and pour on beet water. Add other ingredients and reheat beets in sauce. *Serves 4.*

## HARVARD BEETS

|                                                                        |                                     |
|------------------------------------------------------------------------|-------------------------------------|
| 12 small beets, cooked and cut<br>in slices, cubes, or fancy<br>shapes | $\frac{1}{2}$ tablespoon cornstarch |
| $\frac{1}{2}$ cup sugar                                                | $\frac{1}{4}$ cup water             |
|                                                                        | $\frac{1}{4}$ cup vinegar           |
|                                                                        | 2 tablespoons butter                |

Mix sugar and cornstarch. Add vinegar and water and boil 5 minutes. Add beets to hot sauce and let stand at least 30 minutes. Just before serving, bring to boiling point and add butter. *Serves 6.*

**BEET GREENS**

Cook like Spinach (p. 454), but allow longer time (40 minutes), particularly if tiny beets are left on.

**BROCCOLI**

*One pound serves 4.* Select stalks with dark green, tightly closed buds. Cut off tough part of stalk and coarse leaves. Peel stalks. If stalks are too large for individual portions, split to make of attractive size and shape.

Steam or cook, uncovered, in boiling water 15 to 30 minutes. Add salt last 5 minutes of cooking. Do not overcook.

Serve with melted butter, Hollandaise (p. 232), or Thin White Sauce (p. 222). Sprinkle with buttered bread crumbs, if desired.

**Puréed.** Chop fine or put through purée strainer. Cover with Hollandaise.

**Au Gratin.** Mix puréed broccoli with White Sauce (1 cup to 1 pound of broccoli). Season highly and place in baking dish. Sprinkle with buttered crumbs or crushed corn flakes and grated cheese.

**BRUSSELS SPROUTS**

*One quart serves 6.* Select light green, compact heads. Remove wilted leaves, cut off stems, and soak 15 minutes in cold water. Drain and cook, uncovered, 20 minutes in boiling water. Add salt last 10 minutes. Drain and serve with melted butter or Hollandaise (p. 232).

**With White Grapes.** Peel and seed 1 cup Malaga grapes, heat, and add to 1 quart drained Brussels sprouts. Add melted butter to taste.

**BRUSSELS SPROUTS AND CELERY**

|                                 |                      |
|---------------------------------|----------------------|
| 1 quart cooked Brussels sprouts | 3 tablespoons butter |
| 1½ cups celery, cut in pieces   | 3 tablespoons flour  |
| 1½ cups scalded milk            |                      |

Melt butter, add celery, cook 2 minutes. Add flour and milk gradually. Bring to boiling point, add sprouts, and season. If desired, turn mixture into buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown. *Serves 6.*

## BRUSSELS SPROUTS WITH CHESTNUTS

|                                                       |                                                                                    |
|-------------------------------------------------------|------------------------------------------------------------------------------------|
| 1 quart cooked Brussels sprouts, sautéed<br>in butter | $\frac{1}{3}$ cup Brown Stock (p. 178) or<br>water in which sprouts were<br>cooked |
| 1 cup cooked French chestnuts (p. 437)                | $\frac{1}{2}$ teaspoon beef extract                                                |
| $\frac{1}{4}$ cup butter                              | $\frac{1}{2}$ teaspoon salt                                                        |
| 2 teaspoons sugar                                     |                                                                                    |

Few grains cayenne

Cook butter and sugar until well browned, stirring constantly. Add chestnuts, cook until brown. Add sprouts, stock, and seasonings.

*Serves 6.*

**With Mushrooms.** Use 1 cup sliced sautéed mushrooms in place of chestnuts.

## CABBAGE

*One small head serves 4 to 6.* Take off outside leaves, cut in quarters, remove tough stalks. Shred or not, as desired. Soak in cold salted water 20 minutes. To retain full food value, cook in small amount of boiling salted water 15 to 30 minutes if quartered, 7 to 10 minutes if shredded. Do not overcook.

To cook by the old-fashioned method, cut in quarters and cook 50 to 60 minutes or until soft. Drain, season with butter, salt, and pepper.

**Creamed Cabbage.** Reheat chopped or shredded cooked cabbage in cream or White Sauce (p. 222). Add  $\frac{1}{2}$  cup grated cheese, if liked.

**Scalloped Cabbage.** Put Creamed Cabbage in buttered baking dish. Cover with buttered crumbs. Bake until brown. If desired, add grated cheese to crumbs.

## SMOTHERED CABBAGE

|                                    |                               |
|------------------------------------|-------------------------------|
| 5 cups finely chopped, raw cabbage | 1 cup milk                    |
| 5 tablespoons butter               | 2 teaspoons salt              |
| 2 tablespoons flour                | $\frac{1}{4}$ teaspoon pepper |

Melt butter in heavy frying pan, add flour, and stir until well blended. Add milk gradually, while stirring constantly. Bring to boiling point, season, and add cabbage. Mix thoroughly, cover, and cook over very slow heat 50 to 60 minutes. *Serves 8.*



## RED CABBAGE

|                                                                      |                                   |
|----------------------------------------------------------------------|-----------------------------------|
| 4 cups red cabbage, sliced and<br>soaked 20 minutes in cold<br>water | 1 tablespoon finely chopped onion |
| 2 tablespoons butter                                                 | Few gratings nutmeg               |
| 1½ teaspoon salt                                                     | Few grains cayenne                |
|                                                                      | 2 tablespoons vinegar             |
|                                                                      | ½ tablespoon sugar                |

Cook cabbage, covered, with other ingredients except vinegar and sugar, until tender, over low heat. Add vinegar and sugar. Cook 5 minutes. If desired, sprinkle with ¼ teaspoon caraway seeds. *Serves 8.*

## RED CABBAGE AND APPLES

|                                             |                          |
|---------------------------------------------|--------------------------|
| 4 cups shredded red cabbage                 | 1 cup water or stock     |
| Salt and pepper                             | 3 tablespoons vinegar    |
| 2 sour apples, sliced or diced              | 1 tablespoon brown sugar |
| 1 small onion, sliced                       | ¼ teaspoon allspice      |
| 3 tablespoons bacon fat or<br>Fat salt pork | 2 cloves                 |

Brown onion slightly in fat, add water or stock, cabbage, and apple. Cover; cook slowly (about 1½ hours). When nearly done, add vinegar, sugar, and spices. *Serves 8.*

## COLE SLAW

Shred cabbage, soak in cold water until crisp; drain, dry between towels. Mix with Denver or Whipped Cream Dressing (p. 472) or Cooked Dressing (p. 470). Add sugar and vinegar to taste. *See also* p. 480.

## HOT SLAW

|                              |                     |
|------------------------------|---------------------|
| ½ cabbage, shredded          | 1 tablespoon butter |
| 2 egg yolks, slightly beaten | ¼ cup hot vinegar   |
| ¼ cup cold water             | ½ teaspoon salt     |

Mix egg yolks, cold water, butter, vinegar, and salt. Cook over hot water, stirring constantly, until thickened. Add cabbage. Reheat. *Serves 4.*

## SAUERKRAUT

|                             |                                     |
|-----------------------------|-------------------------------------|
| 1 pound sauerkraut          | $\frac{1}{4}$ teaspoon caraway seed |
| $\frac{1}{2}$ teaspoon salt | Few grains black pepper             |

Drain kraut. Cover with boiling water. Cook slowly at least 35 minutes. Drain and season. *Serves 4.*

## CHINESE CABBAGE AND TOMATOES

|                                                     |                               |
|-----------------------------------------------------|-------------------------------|
| 4 cups shredded Chinese cabbage                     | Salt and pepper               |
| $\frac{1}{2}$ cup tomatoes, cooked <i>or</i> canned | 1 small onion, finely chopped |

Cook cabbage 10 minutes in boiling salted water. Drain, add tomatoes and onion. Season. Cook until tender (about 20 minutes). *Serves 6.*

## CARROTS

*One pound serves 4.* Wash and scrape. Cook whole, sliced, finely cubed, or cut in fancy shapes, in boiling, salted water or stock, until tender (15 to 20 minutes for young carrots, 30 to 60 for old ones). Season with butter, salt, and pepper, and, if desired, a trace of sugar. Water drained from carrots may replace Chicken Stock in many soups and sauces.

**Carrots and Peas.** Combine finely cut cooked carrots with an equal quantity of cooked green peas, and season with butter, salt, and pepper. Heat thoroughly.

**Creamed Carrots and Celery.** Reheat cooked carrots, cut in cubes, and finely cut cooked celery in White Sauce (p. 222).

**Riced Carrots.** Put cooked carrots through potato ricer. Season with butter, salt, and pepper.

**With Onion Butter.** Melt 2 tablespoons butter, add 2 tablespoons finely cut onion. Cook and stir until onion is yellow and pour over cooked, chopped, or sliced carrots.

**Candied Carrots.** Cut in halves or quarters, if large. Melt  $\frac{1}{2}$  cup butter in heavy pan, add  $\frac{1}{2}$  cup brown sugar, stir until melted, add carrots, and cook until carrots are well glazed.

**MINT GLAZED CARROTS WITH PEAS**

3 medium-sized carrots

 $\frac{1}{2}$  cup butter $\frac{1}{2}$  cup sugar

1 tablespoon chopped, fresh mint leaves

2 cups peas, cooked or canned

Butter, salt, and pepper

Wash, scrape, and cut carrots in  $\frac{1}{4}$ -inch slices, then in strips or fancy shapes. Cook 15 minutes in boiling, salted water. Drain. Cook slowly with butter, sugar, and mint, until soft and glazed. Add peas. Season with butter, salt, and pepper. *Serves 6.*

**CARROTS POULETTE**

*One pound serves 4.* Wash, scrape, and cut carrots in strips, cubes, or fancy shapes; cover with boiling water; let stand 5 minutes; drain; cook in boiling, salted water, to which is added  $\frac{1}{2}$  tablespoon butter, until soft. Reheat in Suprême Sauce (p. 226) made with carrot water instead of stock.

**CARROTS HUNTINGTON** $\frac{1}{2}$  cup butter4 cups carrots, cut in  $1\frac{1}{2}$ -inch strips $\frac{1}{2}$  cup cream

Melt butter in heavy pan. Add carrots, turn over and over until well-coated with butter. Cover and cook slowly until tender (about 35 minutes). Turn occasionally. Season to taste. Add cream. *Serves 4* (carrots shrink considerably when cooked this way).

**CARROTS EN CASSEROLE**

Cube carrots, arrange in baking dish, cover with boiling water, sprinkle with salt, dot over with butter, and bake, covered, until done. Oven temperature from slow to moderately hot may be used, according to whatever else is being baked at the time.

**CARROT MOLD**

2 cups cooked carrots, sieved

 $1\frac{1}{2}$  cups grated Parmesan  
cheese

2 eggs, beaten

1 cup bread crumbs

1 cup milk

Combine ingredients and add more seasoning if liked. Bake 1 hour at 350° F. in buttered baking dish or ring mold set in pan of hot water. *Serves 6.*

## CARROT TIMBALES

|                        |                              |
|------------------------|------------------------------|
| 2 cups sliced carrots  | 1 egg                        |
| 1 tablespoon butter    | 1 egg white, slightly beaten |
| Boiling water or stock | Salt and pepper              |
| 1 hard-cooked egg      |                              |

Cook carrot in butter 10 minutes, stirring constantly. Add stock or water to cover. Cook until soft. Drain and force through purée strainer. Add egg and egg white and season. Garnish small, buttered molds with cooked egg, cut in fancy shapes. Fill  $\frac{2}{3}$  full of carrot mixture, set in pan of hot water, cover with buttered paper, and bake 30 to 45 minutes in moderate oven (350° F.). *Serves 6.*

## CAULIFLOWER

*A medium-sized head serves 6.* Choose white head with fresh green leaves. Remove leaves, cut off stalk, and soak 30 minutes (head down) in cold water. Steam or cook (head up) in boiling salted water until soft (about 20 minutes, or shorter time if in flowerets). Drain, serve whole, or separate into flowerets. Pour over melted butter, seasoned with lemon juice and finely chopped parsley, Hollandaise (p. 232), or Thin White Sauce (p. 222).

**Cauliflower au Gratin.** Place a whole, cooked cauliflower on a dish for serving, cover with buttered crumbs, and place in oven to brown crumbs; remove and pour over it 1 cup White Sauce (p. 222). If desired, sprinkle with grated cheese before covering with crumbs.

**Cauliflower Allemande.** Drain a cooked cauliflower, place in baking dish, cover with Allemande Sauce (p. 226), sprinkle with  $\frac{1}{4}$  cup grated Parmesan cheese, and bake until cheese is melted.

**French-fried Cauliflower.** Separate cooked cauliflower into flowerets, dip in egg and crumbs, and fry in deep fat (370° F.).

**With Mushrooms.** Separate cooked cauliflower into flowerets. Pour over Brown Mushroom Sauce II (p. 232). Mushroom liquor may be used in place of part of the cream. If preferred, omit onion and beef extract and season with  $\frac{1}{4}$  teaspoon nutmeg.

**With Walnuts.** Arrange whole cooked cauliflower on baking dish. Pour over Cream Sauce (p. 222), sprinkle with buttered bread crumbs and finely chopped walnut meats. Bake in moderate oven (350° F.) until crumbs are brown.

**CAULIFLOWER FRITTERS**

Cold cooked cauliflower      Batter (p. 424)      Salt and pepper

Sprinkle pieces of cauliflower with salt and pepper, dip in batter, and fry (p. 6).

**CELERIAC**

*One pound serves 4.* Scrub thoroughly, scrape, or pare. Slice lengthwise, or, if small, leave whole. Steam or cook in boiling, salted water 15 to 20 minutes. Serve with melted butter or Hollandaise (p. 232).

**CELERY**

*One large bunch serves 6.* Wash, scrape, cut in inch pieces. Cook 8 to 20 minutes, or until soft, in boiling, salted water. Drain. Pour on melted butter.

**Creamed Celery.** Reheat 2 cups cooked celery in 1 cup White Sauce (p. 222). For variety, add one or two green peppers, seeded, parboiled, and cut in small pieces. *Serves 4 to 6.*

**BRAISED CELERY**

*One large bunch serves 6.* Wash, scrape, cut in 3-inch pieces. Dry thoroughly. Sauté slowly in butter until browned. Add few tablespoons hot water or stock to liquid in pan, season, and pour over celery.

**CELERY FRITTERS**

Celery, cut in 3-inch pieces      Batter (p. 424)  
Salt and pepper      Tomato Sauce (p. 230)

Parboil celery until soft, drain, sprinkle with salt and pepper, dip in batter. Fry (p. 6). Serve with sauce.

**SWISS CHARD**

*One pound serves 3 or 4.* Cook like Spinach (p. 454). Stems may be cooked separately and served like asparagus.

**CHAYOTE**

*One pound serves 4.* Cut in halves or quarters or slice without removing large seed, which is edible. Peel before or after cooking. Steam or boil 20 to 35 minutes. Serve with melted butter.



## FRENCH CHESTNUTS

*Two pounds serves 6.* Shell, cover with boiling, salted water. Cook gently 15 to 20 minutes, or steam 45 minutes. Sliced tart apples may be steamed and served with chestnuts. Cooked chestnuts may be bought in cans.

**To Shell Chestnuts.** Cut a half-inch gash on flat side. Put in heavy pan. Add  $\frac{1}{2}$  teaspoon oil or butter to each cup of nuts. Shake over fire 5 minutes. Set in oven 5 minutes. Take from oven and remove shells and skins with sharp knife.

**Creamed Chestnuts.** Reheat in small amount of heavy cream.

**Riced Chestnuts.** Force through ricer. Pile lightly on serving dish. Or beat until light with hot milk or cream and season to taste.

**Sautéed Chestnuts.** Sauté in butter. Serve as garnish for meat, or as a vegetable.

## BAKED CHESTNUTS (EN CASSEROLE)

|                                               |                                  |
|-----------------------------------------------|----------------------------------|
| 3 cups chestnuts, shelled (see above)         | 2 tablespoons butter             |
| 3 cups highly seasoned Chicken Stock (p. 184) | $1\frac{1}{2}$ tablespoons flour |

Put chestnuts in casserole dish. Pour stock over, cover, and bake 3 hours in slow oven (275° F.). Thicken with butter and flour cooked together. *Serves 6.*

## CHESTNUT CROQUETTES

|                                 |                  |
|---------------------------------|------------------|
| Boiled French chestnuts (above) | 2 egg yolks      |
| 2 tablespoons thick cream       | 1 teaspoon sugar |
| $\frac{1}{4}$ teaspoon vanilla  |                  |

Mash chestnuts to make 1 cup. Add other ingredients. Shape in balls, crumb, fry, and drain (p. 415). *Makes 6 to 12.*

## CHESTNUT ROULETTES

|                         |                             |
|-------------------------|-----------------------------|
| Boiled French chestnuts | 2 tablespoons butter        |
| 2 eggs                  | 2 tablespoons heavy cream   |
| Few drops onion juice   | $\frac{1}{4}$ teaspoon salt |
| Few grains paprika      |                             |

Mash chestnuts to make 1 cup. Add other ingredients, stir and cook 2 minutes, and cool. Shape a little larger than French chestnuts, crumb, fry, and drain (p. 415). *Makes 12 or more.*

### CORN ON THE COB

Cook as soon after picked as possible. Remove husks and silky threads. Cook 10 to 20 minutes in deep kettle of boiling water or half milk and half water. If corn is not sufficiently sweet, add 1 tablespoon sugar. Place on platter covered with napkin and draw corners of napkin over corn. If desired, cut from cob and season with butter and salt.

**Succotash.** Cut from cob, add equal quantity of hot, boiled shell beans or Limas. Season with butter and salt. Reheat.

**Scraped Corn.** Cut corn from cob with long sharp knife. Add small amount of milk or water, cover, and simmer until just tender - (5 or 6 minutes). Season to taste with salt, pepper, and butter.

### CORN FRITTERS

|                                      |                             |
|--------------------------------------|-----------------------------|
| 1 cup grated fresh or canned corn    | $\frac{1}{2}$ teaspoon salt |
| $\frac{5}{8}$ cup flour              | Few grains paprika          |
| $\frac{1}{2}$ teaspoon baking powder | 1 egg                       |

Chop corn, drain, add dry ingredients mixed and sifted. Add egg yolk, beaten until thick. Fold in egg white, beaten until stiff.

Heat deep kettle of fat to 370° F. or until hot enough to brown an inch cube of bread in 1 minute. Dip a spoon into fat, then take up spoonfuls of fritter mixture and carefully lower into fat without spattering. Cook until delicately brown and drain on crumpled, unglazed paper. *Serves 6.*

**Corn Oysters.** Omit baking powder. Reduce flour to  $\frac{1}{4}$  cup or use  $\frac{1}{2}$  cup soft bread crumbs. Cook by spoonfuls on hot griddle in bacon fat or drippings.

### SOUTHERN CORN PUDDING

|                                                           |                                             |
|-----------------------------------------------------------|---------------------------------------------|
| 2 cups corn grated from the cob or<br>chopped canned corn | $1\frac{1}{2}$ tablespoons melted<br>butter |
| 2 eggs, slightly beaten                                   | 2 cups scalded milk                         |
| 1 teaspoon sugar                                          | 1 teaspoon salt                             |
| $\frac{1}{8}$ teaspoon pepper                             |                                             |

Combine ingredients. Bake in buttered baking dish in slow oven (325° F.) until firm. *Serves 6.*

**With Corn Meal.** Omit 1 egg. Pour hot milk over 3 tablespoons corn meal. Let cool before adding other ingredients.

## CORN SOUFFLÉ

|                                           |                   |
|-------------------------------------------|-------------------|
| 2 cups fresh grated <i>or</i> canned corn | 1 cup milk        |
| 1 tablespoon butter                       | 1¼ teaspoons salt |
| 2 tablespoons flour                       | Few grains pepper |
| 2 eggs                                    |                   |

Melt butter, add flour and milk gradually. Stir and bring to boiling point; add corn, seasonings, egg yolks beaten until thick and lemon-colored, and egg whites beaten until stiff. Turn into buttered dish and bake 25 to 30 minutes in moderate oven (350° F.). *Serves 6.*

## SCALLOPED CORN I

Butter baking dish. Arrange layer of cooked or canned corn. Dot with butter, sprinkle with bread crumbs, and repeat until dish is full. Pour on milk to within ½ inch of top layer. Bake until thoroughly heated and crumbs are brown.

## SCALLOPED CORN II

|                         |                                   |
|-------------------------|-----------------------------------|
| 1 small green pepper    | Few grains cayenne                |
| ½ onion, finely chopped | ½ cup milk                        |
| 2 tablespoons butter    | 1 cup fresh <i>or</i> canned corn |
| 2 tablespoons flour     | 1 egg yolk                        |
| 1 teaspoon salt         | ½ cup dried bread                 |
| ¼ teaspoon paprika      | 1 tablespoon butter               |
| ¼ teaspoon mustard      | ⅔ cup buttered cracker crumbs     |

Wipe pepper, cut in halves lengthwise, and remove seeds. Cut in thin strips, and strips in halves, crosswise. Cook pepper, onion, and butter 5 minutes, stirring constantly. Add flour, mixed with seasonings, and stir until well blended. Add milk gradually, while stirring constantly. Stir and bring to boiling point, add corn, egg yolk, and bread broken in small pieces and cooked with 1 tablespoon butter until well browned. Turn into buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown. *Serves 6.*

**To Vary.** Omit green pepper or onion or both.

Season with Worcestershire or other sauce.

Use 1½ cups milk, in which case use whole egg and double amount of butter and flour.

**CUCUMBERS**

Pare, cut in pieces, cook 10 minutes, or until soft, in small amount of salted water. Mash and season with butter, pepper, and salt. If desired, cook in Chicken Stock (p. 184). Or cut in thin strips, cook, and heat in Cream Sauce (p. 222), allowing 1 cup sauce to 2 cups cucumber. *Serves 4 to 6.*

**FRIED CUCUMBERS**

*One large cucumber serves 3.* Wipe, pare, and cut in  $\frac{1}{8}$ -inch slices. Dry between towels, sprinkle with salt and pepper, dredge with flour, and sauté in butter or dip in crumbs, egg, and crumbs again, and fry in deep fat (390° F.). Drain on crumpled paper.

**WILTED CUCUMBERS**

|                             |                                            |
|-----------------------------|--------------------------------------------|
| 1 cucumber                  | $\frac{1}{4}$ cup French Dressing (p. 464) |
| 1 tablespoon salt <i>in</i> | $\frac{1}{4}$ teaspoon celery seed,        |
| 1 cup cold water            | if desired                                 |

Pare cucumber, slice thin, and soak in salted water 15 minutes. Drain and rinse with cold water. Pour over French Dressing and let stand at least 5 minutes before serving.

**STUFFED CUCUMBERS**

|                                    |                                             |
|------------------------------------|---------------------------------------------|
| 3 small cucumbers                  | Chicken Stock (p. 184)                      |
| Chicken forcemeat I or II (p. 173) | $1\frac{1}{2}$ cups Béchamel Sauce (p. 225) |

Wipe and pare cucumbers. Cut in halves crosswise, remove seeds, and soak in cold water 30 minutes. Drain, wipe, and fill with forcemeat. Veal may be used in place of chicken. Place upright on trivet in saucepan. Add stock to half cover cucumbers, and cook 40 minutes, covered. *Serves 6.*

**BAKED STUFFED CUCUMBERS**

|                                         |                                         |
|-----------------------------------------|-----------------------------------------|
| 2 cucumbers                             | Tomato Sauce (p. 230) or canned         |
| 4 tablespoons bread crumbs              | tomato soup                             |
| 4 tablespoons finely chopped cooked ham | Salt, pepper, and cayenne               |
| 2 tablespoons grated Parmesan cheese    | Veal (p. 180) or Chicken Stock (p. 184) |
|                                         | Buttered bread crumbs                   |

Wipe and pare cucumbers, cut in 2-inch pieces, crosswise, removing seeds. Mix crumbs, ham, and cheese. Moisten with sauce and

season. Put cucumber cups in shallow pan, fill with mixture, surround with stock, and bake 30 minutes in moderate oven (350° F.). Cover with buttered crumbs, bake until brown. *Serves 6.*

### DANDELION GREENS

*One pound serves 4.* Cook like Spinach (p. 454), adding small amount of water if necessary. Serve with vinegar.

### DASHEENS

*One pound serves 4.* Cook like potato. If scraped before cooking, add 1 teaspoon soda to water in which scraping is done to prevent irritating hands.

**Riced Dasheens.** Boil in skins. Peel and rice. Season with plenty of butter, salt, and pepper.

**Baked Dasheens.** Wash thoroughly, parboil 10 to 15 minutes, and bake in moderately hot oven (375° F.). Serve with butter.

### EGGPLANT

*One large eggplant serves 6.* Pare, cut in  $\frac{1}{4}$ -inch slices. Sprinkle with salt and pepper.

**Baked.** Marinate 15 minutes in French Dressing and drain or spread with softened butter. Bake in moderately hot oven (400° F.) 15 minutes or until tender, turning once. Sprinkle with lemon juice.

**Fried.** Dip in Batter (p. 424), or dip in flour, egg, and crumbs. Fry in deep fat (370° F.).

**Sautéed.** Dredge with flour and sauté slowly in butter until crisp and brown.

### EGGPLANT AND OKRA

1 eggplant, peeled and cubed

1 onion, sliced

3 tomatoes, quartered

12 okra pods, sliced

Salt and pepper

1 tablespoon finely chopped parsley

Cook eggplant, onion, tomatoes, and okra with salt and pepper 30 minutes. Sprinkle with chopped parsley. *Serves 6.*



## SCALLOPED EGGPLANT

- |                                                           |                                                                                                                |
|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 1 eggplant, pared and cut<br>in $\frac{2}{3}$ -inch cubes | 2 tablespoons butter<br>$\frac{1}{2}$ onion, finely chopped<br>$\frac{3}{4}$ tablespoon finely chopped parsley |
|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|

Cook eggplant in small amount of boiling water until soft. Drain. Cook onion in butter until yellow, add parsley and eggplant. Put in buttered baking dish. Cover with buttered crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown. *Serves 6.*

## EGGPLANT TIMBALES

- |                                                            |                                                      |
|------------------------------------------------------------|------------------------------------------------------|
| 1 eggplant, pared and cut in<br>$\frac{1}{4}$ -inch slices | Few drops onion juice<br>$\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup butter                                   | $\frac{1}{8}$ teaspoon pepper                        |
| $\frac{1}{2}$ cup soft, stale bread crumbs                 | Canned pimientos                                     |
| 2 eggs, well beaten                                        | Buttered crumbs                                      |
- Parsley

Cook eggplant in boiling, salted water until soft. Drain thoroughly, mash, and add butter, crumbs, egg, onion juice, salt, and pepper. Line small buttered molds with pimientos. Fill with mixture, sprinkle with buttered crumbs, and bake 15 minutes in moderately hot oven (375° F.). Remove from molds and garnish with parsley. Eggplant mixture may be baked in baking dish, omitting pimientos. *Serves 6.*

## BAKED STUFFED EGGPLANT

- |                                                             |                                                         |
|-------------------------------------------------------------|---------------------------------------------------------|
| 1 eggplant                                                  | $\frac{1}{2}$ tablespoon finely chopped onion <i>or</i> |
| 1 cup soft, stale bread crumbs                              | 1 teaspoon lemon juice                                  |
| 2 tablespoons butter <i>or</i> 3 slices<br>bacon, tried out | Salt and pepper<br>1 egg, well beaten                   |
- Buttered bread crumbs

Cook eggplant 15 minutes in boiling, salted water or ham stock to cover. Cut slice from top and carefully remove pulp with spoon, taking care not to break skin. Chop and add crumbs. Cook onion with butter or bacon fat 5 minutes. Add to pulp, season, and, if necessary, moisten with a little stock or water. Cook 5 minutes, cool, and add egg. Refill eggplant, cover with buttered crumbs, and bake 25 minutes in moderately hot oven (375° F.). *Serves 6.*

## EGGPLANT TURQUE

|                                                 |                                                      |
|-------------------------------------------------|------------------------------------------------------|
| 3 small eggplants, cut in halves,<br>lengthwise | 1 cup Tomato Sauce (p. 230) or<br>canned tomato soup |
| 2 tablespoons olive oil                         | $\frac{1}{2}$ teaspoon salt                          |
| 1 tablespoon finely chopped onion               | $\frac{1}{4}$ teaspoon grated nutmeg                 |
| 3 tablespoons uncooked rice                     | 2 egg yolks, slightly beaten                         |
| $\frac{1}{2}$ clove garlic, finely chopped      | Buttered crumbs                                      |

Fry eggplants in deep fat 12 minutes. Drain. Scoop out inside and chop finely. Cook onion in hot oil 5 minutes, add rice and garlic, and cook 5 minutes. Add eggplant, Tomato Sauce, salt, and nutmeg. Bake 45 minutes in moderately hot oven (375° F.). Add egg yolks and stuff eggplant shells with mixture. Cover with buttered crumbs and bake until crumbs are brown. *Serves 6.*

## BRAISED ENDIVE

|                            |                                 |
|----------------------------|---------------------------------|
| $\frac{1}{2}$ pound endive | $\frac{1}{2}$ cup melted butter |
| Boiling salted water       | Paprika                         |

Cook endive until tender in boiling, salted water, drain, place in baking dish, pour over melted butter, sprinkle generously with paprika, and bake 30 minutes, basting frequently. If desired, cook, covered, in heavy saucepan over slow heat. *Serves 4.*

## FENNEL or ANISE

*One pound serves 3.* Peel and slice bulb and as much of stalk as is tender. Wash, drain, cook in boiling, salted water until tender (25 to 45 minutes). Sprinkle with salt and pepper and melted butter or olive oil.

## GREENS

*Allow 1½ pounds (½ peck) to serve 4.* Wash in seven waters, first two rather warm, to release sand. Sprinkle with salt. It is not necessary to add more water than that which clings to the leaves from washing. Steam or cook until tender. Drain if necessary. Season with butter, pepper, and salt. Chop fine or not, as desired.

**KALE**

*One pound serves 4.* Clean, cut off root and heavy part of leaf. Wash in cold water and cook in boiling water until tender (25 to 30 minutes). Drain, chop, and season with butter, salt, and pepper.

**KOHL-RABI**

*Allow 1 or 2 to a person.* Select small, pale green bulbs. Cut off tops, peel, slice, or quarter. Cook, uncovered, in boiling, salted water. Drain thoroughly, season with melted butter, salt, and pepper. If tops are young and tender, cook in boiling, salted water, drain, chop, and add to sliced bulbs.

**LEEKs**

*One large bunch serves 4.* Wash and trim, cook in boiling, salted water until soft (about 15 minutes). Drain, arrange on buttered toast. Pour on melted butter, seasoned with salt and pepper.

**Au Gratin.** Arrange 8 cooked stalks in baking dish, sprinkle with salt, pepper, and 6 tablespoons grated cheese. Run under broiler to melt cheese.

**DRIED LENTILS**

*One cup serves 4.* Prepare like Dried Lima Beans (p. 428). Cook 3 to 4 hours.

**BRAISED LETTUCE**

|                           |                      |
|---------------------------|----------------------|
| 6 small lettuce hearts or | 3 tablespoons butter |
| 2 large hearts, quartered | Salt and pepper      |
| 1 tablespoon lemon juice  | Few gratings nutmeg  |

Soak lettuce in cold water 1 hour. Tie in shape with string. Cook 10 minutes in boiling, salted water. Drain and cut off string. Melt butter in heavy frying pan, add lettuce, season, and cook slowly 35 minutes. Pour lemon juice over lettuce. *Serves 6.*

**VEGETABLE MARROW**

*One pound serves 3.* Cook like Summer Squash (p. 456), of which it is a variety.

## SAUTÉED MUSHROOMS

|                      |                                             |
|----------------------|---------------------------------------------|
| 1 pound mushrooms    | $\frac{1}{2}$ teaspoon salt                 |
| Flour for dredging   | Paprika                                     |
| 5 tablespoons butter | $\frac{2}{3}$ cup hot water <i>or</i> stock |
| Dry toast            |                                             |

*One pound serves 6.* Select firm, clean mushrooms, free of blemishes or soft spots. Look over carefully, brush tops, and slice crosswise. If tough, peel and reserve peel and stems for soup. Melt butter in hot, heavy frying pan. Add mushrooms, salt, and paprika. Dredge with flour and cook 5 minutes. Add water. Cook 4 minutes. Sprinkle with parsley, if desired. Serve on toast. A few drops onion juice may be added.

**Creamed.** Use cream in place of water. Add few gratings nutmeg or 1 tablespoon sherry.

**With Wine.** Use claret, sauterne, or sherry in place of half the water, adding it just before serving.

**Flambé.** Just before serving, add  $\frac{1}{3}$  cup warmed brandy, light with match, and add  $\frac{1}{2}$  cup heavy cream.

**À la Sabine.** Use Brown Sauce in place of water. Add  $\frac{1}{3}$  cup grated cheese and cook until cheese melts.

**With Tomato.** Use Tomato Purée (p. 222) or canned tomato soup in place of hot water.

## BROILED MUSHROOMS

Brush mushrooms, remove stems, and set aside for use in soup. Roll caps in milk or melted butter and let stand  $\frac{1}{2}$  hour; arrange in a buttered broiler, cap side down. Broil 3 minutes, turn over, and broil 3 minutes longer. Put a small piece of butter in each cap, sprinkle with salt and pepper, and serve as soon as butter has melted. In removing from broiler, keep mushrooms cap side up, to prevent loss of juices. Serve on circular pieces of buttered dry toast.

**With Sausage.** After turning mushrooms, fill with sausage meat, and broil or bake in moderately hot oven (375° F.) until sausage is cooked.

**FRENCH-FRIED MUSHROOMS**

Brush mushroom caps and sauté in butter. Put together in pairs, cover with Allemande Sauce (p. 226), dip in crumbs, egg, and crumbs again, fry in deep fat (395° F.), and drain on brown paper.

**Mushrooms à la Barclay.** Serve on toast with Cream Sauce (p. 222). Garnish with bacon.

**MUSHROOMS BAKED IN CREAM**

Brush 12 large mushrooms. Remove stems, and peel caps. Put close together in a shallow buttered pan, cap side up. Sprinkle with salt and pepper, and dot over with butter; add  $\frac{2}{3}$  cup cream. Bake 10 minutes in a hot oven (450° F.). Place on pieces of dry toast, and pour over them cream remaining in pan.

**MUSHROOMS À L'ALGONQUIN**

Brush large selected mushrooms. Remove stems, peel caps, and sauté caps in butter. Place in small, buttered, shallow pan, cap side up. Place on each a large oyster, sprinkle with salt and pepper, and place on each a bit of butter. Cook in hot oven (400° F.) until oysters are plump. Serve with Brown Sauce (p. 228), or Béchamel Sauce (p. 225).

**MUSHROOMS SOUS CLOCHE (*for one*)**

2 tablespoons butter

$\frac{1}{2}$  tablespoon lemon juice

$\frac{1}{4}$  teaspoon salt

Few grains pepper

$\frac{1}{4}$  teaspoon finely chopped parsley

1 round piece of toast

$\frac{1}{4}$  cup cream

3 or more mushrooms

Cream butter, add lemon juice drop by drop, salt, pepper, and parsley. Put half the sauce on under side of toast; put toast on small baking dish, pile mushroom caps, cleaned and peeled, in conical shape on toast, and over all pour cream. Cover with special bell-shaped glass cover and bake about 25 minutes, adding more cream if necessary. Just before serving add 1 teaspoon cooking sherry, if desired. Leave glass covers in place when serving.

Jelly glasses may be used (remove before serving).



## STUFFED MUSHROOMS I

|                                                 |                                                              |
|-------------------------------------------------|--------------------------------------------------------------|
| 12 large mushrooms                              | Chicken Stock (p. 184), tomato juice,<br>or cream to moisten |
| 3 tablespoons butter                            |                                                              |
| ½ tablespoon finely chopped<br>shallot or onion | Few gratings nutmeg                                          |
| 1½ tablespoons flour                            | ½ teaspoon finely chopped parsley                            |
|                                                 | Salt and pepper                                              |
| Buttered cracker crumbs                         |                                                              |

Brush mushrooms. Remove stems and chop fine. Peel caps. Melt butter, add shallot and chopped stems, and cook 10 minutes. Vary by adding finely chopped cooked chicken or turkey liver, ham, celery, or cheese. Add flour, stock or cream, and seasonings. Cool and fill caps, rounding well over top. Cover with buttered crumbs and bake 15 minutes in hot oven (425° F.). *Serves 6.*

## STUFFED MUSHROOMS II

|                                         |                                                                       |
|-----------------------------------------|-----------------------------------------------------------------------|
| 6 large mushroom caps                   | 1 teaspoon finely chopped parsley                                     |
| 2 tablespoons chopped mushroom stems    | 3 tablespoons butter                                                  |
| 2 tablespoons bread crumbs              | 1 cup Tomato Sauce (p. 230)                                           |
| 2 tablespoons chopped, lean, cooked ham | Salt, pepper, and cayenne                                             |
| 2 tablespoons finely chopped onion      | ½ cup bread crumbs <i>mixed with</i>                                  |
| 1 teaspoon grated Parmesan cheese       | 1½ tablespoons grated Parmesan cheese                                 |
|                                         | 6 rounds bread, slightly larger than mushroom caps, sautéed in butter |
|                                         | Parsley                                                               |

Cook chopped mushrooms, bread crumbs, ham, onion, cheese, and parsley with butter 3 minutes. Moisten with ¼ cup Tomato Sauce and season to taste. Brush and peel caps and stuff with mixture. Sprinkle with crumbs and cheese. Arrange in baking pan, pour remaining sauce around, and bake 20 minutes in hot oven (425° F.). Remove mushrooms to sautéed bread, pour around sauce from pan, and garnish with parsley. *Serves 6.*

## STEWED OKRA AND TOMATOES

|                                             |                     |
|---------------------------------------------|---------------------|
| 2 cups okra, cut in small pieces, crosswise | 1 tablespoon butter |
| 2 cups tomatoes                             | Salt and pepper     |

Cook okra until tender in small amount of water so that all water will be absorbed. Add tomatoes and simmer 10 minutes. Add butter, salt, and pepper. *Serves 6.*

**OKRA WITH TOMATO SAUCE**

|                       |                              |
|-----------------------|------------------------------|
| 1 pound okra          | 1 cup Tomato Sauce (p. 230)  |
| 1 small onion, sliced | Salt and pepper              |
| 2 tablespoons butter  | 1 tablespoon chopped parsley |

Wash okra thoroughly, cut off stems. Slice. Brown sliced onion in butter, add okra, and cook 3 minutes. Put in baking dish, season, pour over Tomato Sauce. Sprinkle with parsley and bake 30 minutes in moderate oven (350° F.). *Serves 6.*

**GREEN ONIONS or SCALLIONS ON TOAST**

Wash, trim off any wilted parts, cook in boiling, salted water until tender (about 10 minutes). Drain, arrange on buttered toast. Pour on melted butter, seasoned with salt and pepper.

**ONIONS**

*One pound serves 4.* Put onions in cold water and remove skins while under water. Make two gashes on root end, and cook in boiling water 5 minutes. Drain, cover with boiling, salted water, and cook 20 to 45 minutes or until soft, but not broken. Drain, add small quantity of milk or cream, cook 5 minutes, and season with butter, salt, and pepper. Large onions may be cut in slices before boiling.

**In Cream.** Drain and add heavy cream or White Sauce (p. 222), made with milk or cream.

**Creamed Silverskins.** Cook 3 cups small onions 15 minutes. Drain, add 1 cup thin cream, and cook in double boiler until soft. Add salt last 10 minutes of cooking.

**Scalloped Onions.** Put 2 cups cooked onions (quartered) in buttered baking dish, cover with 1 cup White Sauce (p. 222), sprinkle with buttered cracker crumbs, and bake until crumbs are brown. If desired, sprinkle with grated cheese before pouring over sauce.

**FRENCH-FRIED ONIONS**

Peel Spanish onions, cut in  $\frac{1}{4}$ -inch slices, and separate into rings. Dip in milk, drain, and dip in flour. Fry in deep fat (370° F.), drain on brown paper, and sprinkle with salt.

### SAUTÉED *or* SMOTHERED ONIONS

4 medium-sized onions

1½ tablespoons butter *or* drippings  
Salt

Peel onions and cut in thin slices. Sauté very slowly in butter until delicately brown. Add more butter if needed. Turn occasionally with fork or shake pan that onions may not burn. Sprinkle with salt just before taking from fire. *Serves 4.*

## BERMUDA SLICES BAKED IN CREAM

*Two large onions serve 4 to 6.* Cut Bermuda onions in thin slices. Arrange in baking dish, pour on cream to cover. Bake in moderately slow oven (325° F.) until soft.

## STUFFED ONIONS

Peel 6 large, flat onions. Steam or parboil 30 minutes, or until tender, in boiling, salted water. Turn upside down to cool. Remove part of centers, fill with sausage, Veal Force meat (p. 173), grated cheese, or Chicken and Mushroom Filling. Place in baking dish with small amount of water or stock. Sprinkle with buttered crumbs. Cover. Bake in moderate oven (350° F.) until soft, removing cover last 10 minutes. *Serves 6.*

### Chicken and Mushroom Filling

$\frac{1}{2}$  cup finely chopped, cooked chicken

$\frac{1}{2}$  cup finely chopped mushrooms

$\frac{1}{2}$  cup soft, stale bread crumbs

Finely chopped onion,  
removed from centers

Cream or melted butter to  
moisten

Salt and pepper

## GLAZED ONIONS

3 cups small, silver-skinned onions

3 tablespoons butter  
2 tablespoons sugar

Cook onions in boiling, salted water 15 minutes. Drain and dry on cheesecloth. Melt butter, add sugar and onions. Cook 20 minutes or until browned, with asbestos mat under pan. *Serves 6.*

## ONIONS FARCI

|                            |                                 |
|----------------------------|---------------------------------|
| 6 large Bermuda onions     | 6 thin slices fat salt pork     |
| Veal Force meat (p. 173)   | 1 teaspoon beef extract         |
| 1 cup Brown Stock (p. 178) | $\frac{1}{4}$ tablespoon butter |
| or Chicken Stock (p. 184)  | Salt and pepper                 |

Peel onions, remove part of inside. Cook 6 minutes in boiling, salted water. Drain, stuff with forcemeat, arrange in baking dish on pork slices. Pour stock around, bake in moderate oven (350° F.) until soft (about 35 minutes). Remove onions, strain stock, skim off all fat possible, add beef extract, butter, salt, and pepper to taste. Pour over onions. *Serves 6.*

## ONION SOUFFLÉ

|                                         |                                  |
|-----------------------------------------|----------------------------------|
| 1 pound onions                          | Salt and pepper                  |
| 4 tablespoons butter                    | 3 egg yolks, beaten until thick  |
| $\frac{1}{3}$ cup water in which onions | and lemon-colored                |
| were cooked                             | 3 egg whites, beaten until stiff |
| $\frac{1}{3}$ cup cream                 | 4 tablespoons flour              |

Boil onions and rub through sieve. Melt butter, add flour, and pour on gradually onion water and cream. Add onion pulp and bring to boiling point. Season. Add to egg yolks. Cut and fold in egg whites. Turn into buttered baking dish and bake in moderately slow oven (325° F.) 25 minutes. Serve at once. *Serves 6.*

OYSTER PLANT *or* SALSIFY

*One bunch (about 6 roots) serves 6.* Wash, scrape, and put in cold, acidulated water to prevent discoloration. Cut in inch slices, cook in boiling, salted water until soft (45 to 60 minutes). Drain. Season with butter, salt, and pepper.

**Creamed Oyster Plant.** Reheat in White Sauce (p. 222).

**Oyster Plant aux Fines Herbes.** Reheat in 3 tablespoons butter. Add 1 teaspoon finely chopped parsley and  $\frac{1}{4}$  teaspoon finely chopped chives. Sprinkle with salt and pepper.

**Salsify Fritters.** Mash, season with butter, salt, and pepper. Shape in small flat cakes, roll in flour, and sauté in butter.

## PARSNIPS

*One pound serves 4.* Select small young parsnips. Wash and cook 30 minutes, or until soft, in boiling, salted water. Drain, plunge into cold water, and remove skins. Cut in slices or small pieces. Reheat in Drawn Butter Sauce (p. 226) or White Sauce (p. 222). Nutmeg adds an interesting seasoning.

**Sautéed Parsnips.** Cut cold, boiled young parsnips in sixths, lengthwise. Sauté in butter until delicately browned and sprinkle with salt and pepper.

**Parsnip Fritters I.** Mash boiled parsnips, season with butter, salt, and pepper, shape in small, flat, round cakes, roll in flour, and sauté in butter.

**Parsnip Fritters II.** Cut cooked parsnips in 3-inch pieces, dip in batter, and fry (p. 424). Serve with Tomato Sauce (p. 230).

## GREEN PEAS

*One pound (unshelled) serves 2.* In selecting, open a pod and taste a pea to determine whether young and sweet. Pods should be bright green, shiny, and unwrinkled. Shell just before cooking.

Cook until soft (15 to 40 minutes) in small quantity of boiling water, adding salt last 10 minutes of cooking. There should be but little, if any, water to drain from peas when they are cooked. Season with butter, salt, and pepper. If peas have lost much of their natural sweetness, they are improved by the addition of a small amount of sugar. One sprig mint for every 2 cups of peas may be cooked with peas for additional flavor.

**À la Française.** Very tender peas may be cooked without water. Put a tablespoon of butter (for 2 pounds of peas) in kettle, add peas, and lay over them 2 or 3 leaves of lettuce, rinsed in cold water. Cover closely and cook over slow heat. Season to taste.

**Creamed Peas.** Reheat 2 cups peas, cooked or canned, in heavy cream or  $\frac{3}{4}$  cup White Sauce (p. 222).

**Purée of Green Peas.** Rub peas through purée strainer. Add salt, pepper, butter, and cream or hot milk and beat until light and smooth. Keep hot in double boiler. (An excellent way to use peas that are old or tough.)

**On Artichoke Bottoms.** Sprinkle cooked artichoke bottoms with lemon juice. Pile on peas, mixed with small amount of heavy cream.



**PEA TIMBALES**

|                                   |                            |
|-----------------------------------|----------------------------|
| 2½ cups cooked peas or 1 can peas | ⅛ teaspoon pepper          |
| 2 eggs, well beaten               | Few grains cayenne         |
| 2 tablespoons melted butter       | Few drops onion juice      |
| ⅔ teaspoon salt                   | 1 cup Cream Sauce (p. 222) |

Reserve ⅓ cup peas and rub remainder through sieve. To pulp, add eggs, butter, salt, pepper, cayenne, and onion juice. Turn into buttered molds. Set in pan of hot water, cover with buttered paper; bake until firm in moderate oven (350° F.). Unmold on serving dish. Add reserved peas to Cream Sauce (p. 222) and serve with timbales. *Serves 6.*

**Soufflé of Peas.** Beat eggs separately. Fold in whites last. If desired bake in ring mold and fill center with creamed shrimp, or sautéed mushrooms.

**PURÉE OF SPLIT PEAS**

Soak 2 cups split peas overnight in cold water to cover, drain, add ham bone or piece of salt pork, and boiling water to cover. Cook slowly until soft, drain, remove bone or pork, and put peas through purée strainer. Season to taste and add butter or heavy cream. *Serves 6.*

**SAUTÉED GREEN PEPPERS**

Cut in half, remove seeds and white membrane, and parboil 5 minutes. Cut in strips and sauté in butter or olive oil 5 minutes. Use as a vegetable or a garnish.

**STUFFED PEPPERS**

Cut in half, lengthwise, or, if small, cut a slice from stem end of each pepper and remove seeds. Parboil peppers 2 minutes. Sprinkle with salt. Cool. Fill with any of the fillings suggested below or with equal parts finely chopped, cooked chicken, ham, or veal or other cooked meat and soft bread crumbs, seasoned with onion juice, salt, and pepper. Add sautéed chopped mushrooms if liked. (See also suggestions for Stuffed Tomatoes, p. 460.) Cover with buttered bread crumbs and bake 10 to 15 minutes in moderate oven (350° F.); then 5 minutes in hot oven (400° F.) to brown tops.

**Cheese Filling (for 6)**

|                          |                      |
|--------------------------|----------------------|
| 1½ cups grated cheese    | 2 tablespoons butter |
| 1¾ cups bread crumbs     | ¼ teaspoon salt      |
| 1 teaspoon chopped onion | ⅛ teaspoon pepper    |
| Paprika to taste         |                      |

Put as much stuffing in each pepper as it will hold and cover top with grated cheese.

**Green Corn Filling (for 6)**

|                          |            |
|--------------------------|------------|
| 12 ears green corn       | ½ cup milk |
| Butter, salt, and pepper |            |

Remove husks and silky threads from corn. Cut lengthwise of cob through each row of kernels and scrape with knife to remove pulp; there should be 2½ cups. Put pulp in omelet pan, add milk, and cook over very low heat 25 minutes, stirring frequently. If cooked on a gas range, flame should be turned low and covered with an asbestos mat. Season with butter, salt, and pepper.

**Templeton Corn Filling (for 6)**

|                                                   |                                                                          |
|---------------------------------------------------|--------------------------------------------------------------------------|
| ½ tablespoon chopped onion                        | Few grains cayenne                                                       |
| ½ tablespoon green pepper,<br>cut in small pieces | ½ cup milk                                                               |
| 2 tablespoons butter                              | 1 cup fresh or canned corn,<br>drained                                   |
| 3 tablespoons flour                               | 1 egg, slightly beaten                                                   |
| 1 teaspoon salt                                   | ⅔ cup dry bread, broken<br>in very small pieces and<br>browned in butter |
| ¼ teaspoon paprika                                |                                                                          |
| ¼ teaspoon mustard                                |                                                                          |

Cook onion and pepper in butter 5 minutes, stirring constantly. Add flour mixed with seasonings. When well blended, pour on milk gradually, while stirring constantly. Bring to boiling point, add corn, and cook 5 minutes. Add egg and bread.

**Sweetbread and Tomato Filling (for 6)**

|                             |                                             |
|-----------------------------|---------------------------------------------|
| ½ cup Tomato Purée (p. 222) | Salt                                        |
| or canned tomato soup       | 1 sweetbread, parboiled and<br>cut in cubes |
| ½ cup hot, boiled rice      |                                             |
| Paprika                     |                                             |

Combine ingredients. Serve with Littleton Sauce (p. 234).

### FRENCH-FRIED PEPPER RINGS

Slice in thin rings. Remove seeds and inner membrane. Dip in egg slightly beaten with 1 tablespoon water, then in fine crumbs, salted, and fry in deep fat (370° F.) a few at a time. Drain on absorbent paper.

### TRAYMORE TIMBALES

|                                                |                                                             |
|------------------------------------------------|-------------------------------------------------------------|
| 6 green peppers                                | 2 egg yolks                                                 |
| $\frac{1}{4}$ cup peeled and chopped mushrooms | 2 egg whites, beaten stiff                                  |
| 1 tablespoon butter                            | Salt, pepper, and paprika                                   |
| 1 tablespoon flour                             | Mushroom caps, fried in butter                              |
| $\frac{1}{4}$ cup cream                        | Velouté Sauce (p. 226), made with half stock and half cream |
|                                                | $\frac{1}{2}$ teaspoon beef extract                         |

Melt butter, add chopped mushrooms and flour. Add cream, stir, and cook until thick. Beat in egg yolks, one at a time. Fold in egg whites. Season.

Remove seeds from peppers. Fill or cut peppers in thin strips with scissors, working around and around pepper, line sides of 6 buttered timbale molds with pepper strips, coiling around and around, and fill with mushroom mixture. Bake (*see* Timbales, p. 129). Serve on toast with a mushroom cap on top of each and surround with Velouté Sauce to which beef extract has been added. *Serves 6.*

### SPINACH

*One pound serves 3.* Remove roots, carefully pick over, discarding wilted leaves. Wash in 7 waters, the first 2 warm, to release sand. Steam or cook, covered, in its own juices, 10 minutes or until just tender. Drain, chop or not, and season with butter, salt, and pepper, or French Dressing. A few gratings of nutmeg may be added. Garnish with toast points or hard-cooked eggs sliced, cut in eighths or chopped fine. Spinach is also delicious with Hollandaise.

**Spinach à la Béchamel.** Melt 3 tablespoons butter, add 2 cups chopped, cooked spinach, cook 3 minutes. Sprinkle with 1 tablespoon flour, stir thoroughly, and add  $\frac{1}{2}$  cup cream, top milk, or Chicken Stock. Cook 5 minutes. Season. If liked, add  $\frac{1}{2}$  teaspoon powdered sugar,  $\frac{1}{8}$  teaspoon nutmeg, and a few gratings of lemon rind.

**Purée of Spinach.** Make like Spinach à la Béchamel but rub spinach through sieve.

### SPINACH RING

4 cups cooked spinach       $\frac{1}{3}$  cup butter  
 $\frac{3}{4}$  teaspoon salt

Drain spinach very thoroughly. Chop fine and season with butter and salt. Press into buttered border mold and keep in warm place until serving time. Remove to hot platter and fill center as desired. Serve with sauce or not, as desired. *Serves 6.*

**With Beets.** Fill with 2 cups small whole boiled beets. Garnish with slices of hard-cooked egg or finely chopped white and crumbled yolk.

**With Mushrooms.** Fill with 2 cups Creamed Mushrooms.

**With Creamed Chicken, Creamed Fish, or Creamed Eggs, etc.** Serve as main dish for luncheon or supper.

### MOLDED SPINACH ON ARTICHOKE BOTTOMS

2 cups cooked spinach,      3 tablespoons vinegar  
 finely chopped      1 teaspoon salt  
 1 can artichoke bottoms      2 hard-cooked eggs

Drain artichoke bottoms and put in pan. Cover bottom of pan with boiling water, add vinegar and salt. Cover and cook until thoroughly heated. Drain. Season spinach with butter, pepper, and salt, and mound on artichokes. Reheat in oven. Garnish with egg yolks rubbed through coarse strainer and egg whites cut in fancy shapes. *Serves 6.*

### SOUBRICS OF SPINACH

2 cups cooked spinach, finely chopped      Few grains cayenne  
 2 tablespoons grated Parmesan cheese      Few gratings nutmeg  
 2 egg yolks, slightly beaten      1 egg white, unbeaten  
 $\frac{1}{2}$  teaspoon salt      Butter for sautéing

Add to spinach, cheese, egg yolks, salt, cayenne, and nutmeg. Cook 5 minutes, stirring constantly. Remove from fire and stir in egg white. Measure by rounding tablespoonfuls, sauté in butter, arrange on hot serving dish, and surround with Cream Sauce (p. 222) or with Hollandaise (p. 232). *Serves 4 to 6.*

## HAM AND SPINACH SOUFFLÉ

|                                    |                                                   |
|------------------------------------|---------------------------------------------------|
| Stale bread crumbs                 | 3 egg yolks, beaten until light and lemon-colored |
| Milk                               | $\frac{1}{8}$ teaspoon pepper                     |
| 3 tablespoons butter               | $\frac{3}{4}$ cup cooked ham, diced               |
| 1 cup chopped, cooked spinach      | Salt                                              |
| 2 tablespoons finely chopped onion | 3 egg whites, beaten until stiff                  |

Soak crumbs in milk to cover. Let stand until bread is soft; then squeeze; there should be  $\frac{1}{2}$  cup bread. Add butter and cook until pasty. Add other ingredients, folding in egg whites last. Turn into mold lined with oiled paper, cover with oiled paper, and steam (about 35 minutes) until firm. Remove from mold and serve with Hollandaise (p. 232). *Serves 6.*

**Sweetbread and Spinach Soufflé.** Use cooked sweetbread in place of ham.

## SPINACH TIMBALES

|                                       |                                         |
|---------------------------------------|-----------------------------------------|
| 2 cups cooked spinach, finely chopped | $\frac{1}{8}$ teaspoon pepper           |
| 2 tablespoons butter                  | Few drops onion juice                   |
| 2 eggs, slightly beaten               | 2 teaspoons vinegar                     |
| 1 cup milk                            | 8 round slices bread, sautéed in butter |
| $\frac{2}{3}$ teaspoon salt           | 8 slices tomato or 1 cup tomato sauce   |

Combine first 8 ingredients. Fill buttered timbale molds. Bake in pan of hot water in slow oven (300° F.). Cover bread with tomato sautéed in butter or Tomato Cream Sauce (p. 231). Turn spinach mold on each. If tomato was used, serve with Hollandaise (p. 232). Or put Béarnaise Sauce (p. 233) on each timbale and sprinkle with blanched, chopped pistachio nuts. *Serves 8.*

## SUMMER SQUASH

*One pound serves 3.* Wash, quarter, or cut in thick slices. Peel, if old. Steam or cook 15 to 20 minutes, or until soft, in small amount of boiling, salted water. Drain thoroughly, mash, and season with butter, salt, and pepper.

**Creamed Summer Squash.** Cut in cubes, cook until nearly done but still firm, drain, and reheat in cream. Season.



**FRIED SUMMER SQUASH**

*One pound serves 3.* Wash and cut in half-inch pieces. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in hot fat (375° F.), and drain.

**SAUTÉED SUMMER SQUASH**

*One pound serves 3.* Wash, slice, or cut in strips, sprinkle with salt and pepper. Dredge with flour and sauté slowly in butter until crisp and brown.

**SQUASH RING**

|                                   |                           |
|-----------------------------------|---------------------------|
| 3 cups cooked squash              | 3 eggs, well beaten       |
| $\frac{1}{4}$ cup melted butter   | Salt, pepper, cayenne     |
| $\frac{1}{4}$ cup milk            | 1 tablespoon grated onion |
| $\frac{1}{4}$ cup buttered crumbs |                           |

Put squash through coarse sieve before measuring. Add other ingredients. Pack into 1-quart ring mold. Set in pan of hot water and bake in moderate oven (350° F.) until firm. Serve filled with creamed mushrooms, tiny white onions, etc. *Serves 6.*

**WINTER SQUASH**

*One pound serves 3.* Cut in pieces, remove seeds and stringy portion, and pare. Steam 30 minutes or until soft, or cook in boiling, salted water and drain. Unless squash is very dry, steaming is the better method. Mash and season with butter, salt, and pepper. If lacking in sweetness, add small quantity of sugar.

**BAKED WINTER SQUASH**

*One pound serves 3.* Leave whole or break in large pieces and remove seeds and stringy portion. Bake in moderately slow oven (325° F.) about 1½ hours. If whole, cut and remove seeds. Scoop squash out of shell. Mash and season with butter, salt, and pepper.

**BAKED WINTER SQUASH IN THE SHELL**

*One pound serves 3.* Cut in 2-inch squares, remove seeds and stringy portion, place in dripping pan, sprinkle with salt and pepper, and allow for each square  $\frac{1}{2}$  teaspoon molasses and  $\frac{1}{2}$  teaspoon melted butter. Bake 50 minutes, or until soft, in moderate oven (350° F.), keeping covered first half-hour of cooking. Serve in the shell.

**BAKED WINTER SQUASH WITH BACON**

|                        |                                |
|------------------------|--------------------------------|
| 2 pounds winter squash | 2 tablespoons butter           |
| Salt and pepper        | 4 strips bacon, cut in squares |

Remove seeds and stringy portion from squash, bake or steam until soft, remove from shell, mash, and season with salt, pepper, and butter. Put in baking dish, cover with bacon, and bake in hot oven (400° F.) until bacon is crisp. *Serves 4 to 6.*

**BAKED DES MOINES or ACORN SQUASH**

*Allow 1 small squash per person or, if very large, 1/2 per person.* Cut in half. Take out seeds. Brush inside and out with melted butter, sprinkle inside with salt, and replace tops. Bake 1 hour or until tender in moderate oven (350° F.). Season with salt, pepper, butter, and, if desired, 1/4 teaspoon sugar. Serve in the shell.

**Stuffed.** Fill cooked squash with Tomatoes Creole, creamed chicken, ham, etc. Sprinkle with buttered crumbs and set in hot oven to brown.

**TO PEEL TOMATOES**

Hold on fork over gas flame for a moment until skin wrinkles and splits, plunge into cold water, then peel. *Or* drop into boiling water for 2 minutes, remove, peel, and chill. *Or* rub entire surface with back of knife and peel.

**STEWED TOMATOES**

*Allow 1 to 2 tomatoes per person.* Wipe, peel, cut in pieces, put in stewpan, and cook slowly 20 minutes, stirring occasionally. Season with butter, salt, and pepper. Add sugar if desired. Sprinkle with croûtons.

**Tomatoes Creole.** Remove seeds from 1 green pepper, shred, add 1 large onion, chopped, and cook in 2 tablespoons butter until onions are yellow. Add 6 to 8 tomatoes and cook slowly until tender. *Serves 6.*

## SCALLOPED TOMATOES

|                       |                       |
|-----------------------|-----------------------|
| Canned tomatoes       | Few drops onion juice |
| Salt and pepper       | Sugar, white or brown |
| Buttered bread crumbs |                       |

Drain off some of tomato liquor. Season with salt, pepper, onion juice, and sugar if liked sweet. Cover bottom of buttered baking dish with crumbs, cover with tomatoes, and sprinkle top thickly with crumbs. Bake in hot oven (400° F.) until crumbs are brown. *A No. 2 can serves 6.*

## BROILED or SAUTÉED TOMATOES

Wipe green or ripe tomatoes and slice or cut in halves crosswise. Sprinkle with salt and pepper, brush over with melted butter. If desired, dip in crumbs, egg, and crumbs again. Broil or sauté 6 to 8 minutes. Serve as a garnish for meat or fish or on sautéed bread or toast, with Horse-radish Hollandaise (p. 233).

**Tomatoes à la Crème.** Serve with thin cream, heated and seasoned, or Thin White Sauce (p. 222).

**Deviled Tomatoes.** Pour over the following sauce:

|                            |                        |
|----------------------------|------------------------|
| 4 tablespoons butter       | Few grains cayenne     |
| 2 teaspoons powdered sugar | Yolk 1 hard-cooked egg |
| 1 teaspoon mustard         | 1 egg, slightly beaten |
| ¼ teaspoon salt            | 2 tablespoons vinegar  |

Cream butter, add dry ingredients, egg yolk rubbed to paste, egg, and vinegar. Cook over hot water, stirring constantly, until thickened.

## TOMATO CURRY

|                                                        |                                             |
|--------------------------------------------------------|---------------------------------------------|
| 2 tablespoons butter                                   | 2 cups tomatoes, cut in pieces<br>or canned |
| ½ tablespoon finely chopped onion                      | ½ tablespoon curry powder                   |
| 1 sour apple, pared, cored, and cut<br>in small pieces | 1 teaspoon vinegar                          |
| ½ cup stock                                            | Salt and pepper                             |
| 1 cup boiled rice                                      |                                             |

Cook onion in butter until yellow. Add apple and cook 8 minutes. Add stock, tomatoes, curry, vinegar, and salt and pepper. Bring to boiling point, add rice, and cook 5 minutes. *Serves 6.*

**CURRIED GREEN TOMATOES**

|                            |                               |
|----------------------------|-------------------------------|
| 2 tablespoons butter       | 2 cups green tomatoes, sliced |
| 2 tablespoons minced onion | or cut in pieces              |
| 1 teaspoon curry powder    | Salt and pepper               |

Melt butter, add onion, and cook slowly until yellow. Add curry powder and tomatoes and cook slowly until thoroughly heated. Season. *Serves 6.*

**TOMATO FRITTERS**

|                         |                              |
|-------------------------|------------------------------|
| 2 cups tomatoes         | 1 teaspoon salt              |
| 6 cloves                | Few grains cayenne           |
| $\frac{1}{3}$ cup sugar | $\frac{1}{4}$ cup butter     |
| 3 slices onion          | $\frac{1}{2}$ cup cornstarch |
| 1 egg, slightly beaten  |                              |

Cook first 4 ingredients 20 minutes, rub through sieve, and season with salt and pepper. Melt butter, and when bubbling, stir in cornstarch. Add tomato gradually; cook 2 minutes, and add egg. Pour into buttered shallow tin and cool. Turn on board, cut in squares, diamonds, or strips. Crumb, fry, and drain (*see p. 415*). *Serves 6.*

**BAKED TOMATOES**

Wipe 6 small tomatoes and make 2-inch gashes at right angles to each other, across blossom end of each. Bake until thoroughly heated. Peel and pour over Cream Sauce (p. 222) or sauce for Deviled Tomatoes, adding, just before serving, 1 tablespoon heavy cream. *Serves 6.*

**BAKED STUFFED TOMATOES I**

Wipe and remove thin slice from stem end of 6 smooth, medium-sized tomatoes. Take out seeds and pulp and drain off most of the liquid. Sprinkle with salt, invert, let stand 30 minutes or longer. Add an equal quantity of bread crumbs to pulp, season with salt, pepper, and few drops onion juice, and refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered crumbs, and bake 20 minutes in hot oven (400° F.). Two tablespoons, each, chopped green pepper and onion may be added to the stuffing. *Serves 6.*

**With Mushrooms.** Stuff with finely chopped mushrooms, mixed with Thick White Sauce or tomato pulp, seasoned to taste.

**With Crab Meat.** Stuff with Crab Meat à la King (p. 275), and sprinkle with buttered coarse bread crumbs.

## BAKED STUFFED TOMATOES II

|                                                                                     |                                            |
|-------------------------------------------------------------------------------------|--------------------------------------------|
| 6 tomatoes                                                                          | 2 tablespoons butter                       |
| $\frac{1}{2}$ tablespoon finely chopped onion                                       | $\frac{1}{2}$ cup soft, stale bread crumbs |
| $\frac{1}{2}$ cup finely chopped, cooked<br>chicken or veal or other cooked<br>meat | Salt and pepper                            |
|                                                                                     | 1 egg, slightly beaten                     |
|                                                                                     | Buttered cracker crumbs                    |

Prepare tomatoes as for Baked Stuffed Tomatoes I. Cook onion and butter 5 minutes. Add chopped meat, bread crumbs, pulp from tomatoes, salt, and pepper to taste. Cook 5 minutes, add egg, cook 1 minute, and stuff tomatoes. Place in buttered pan, sprinkle with cracker crumbs, and bake 20 minutes in hot oven (400° F.). *Serves 6.*

## DELMONICO TOMATOES (STUFFED WITH SWEETBREADS)

|                                     |                                              |
|-------------------------------------|----------------------------------------------|
| 6 tomatoes                          | 1 tablespoon Brown Sauce (p. 228)            |
| 3 green peppers                     | Sweetbreads, parboiled (p. 360) and<br>cubed |
| $\frac{1}{2}$ onion, finely chopped | Buttered bread crumbs (p. 10)                |
| 1 tablespoon butter                 | 8 rounds of bread, sautéed in butter         |

Prepare tomatoes as for Baked Stuffed Tomatoes I. Wipe, remove seeds, and chop peppers. Add onion and cook in butter 5 minutes, stirring constantly. Add Brown Sauce to bind mixture together. Line tomatoes with mixture, having it extend over edge of tomatoes. Fill with sweetbread cubes, cover with crumbs, and bake 12 minutes in hot oven (400° F.). Place on sautéed bread and cover with sauce. *Serves 6.*

## MASHED TURNIPS

*One pound serves 3.* Wash, pare, and slice, dice, or quarter. Cook, uncovered, in boiling, salted water until soft (20 to 60 minutes). Drain, mash, and season with butter, salt, and pepper. For variety, fold in  $\frac{1}{4}$  cup heavy cream, whipped, and season delicately with rum or sherry.



**Creamed Turnips.** Reheat 3 cups diced, cooked turnip in 1 cup White Sauce (p. 222) or a little heavy cream.

**Turnip Cups.** Boil medium-sized turnips whole. Hollow them out with a spoon. Fill with cooked peas, well seasoned, or with turnip pulp, chopped and mixed with finely chopped, sautéed onion. Place in baking dish with a few tablespoons water and heat.

**Turnip Croquettes.** Drain thoroughly (by wringing in cheese-cloth)  $1\frac{1}{4}$  cups mashed turnip. Season with salt and pepper, add 2 slightly beaten egg yolks, cool, and shape in small croquettes. Fry in deep fat (*see* p. 415).

**Turnip Soufflé.** Follow recipe for Onion Soufflé (p. 450), using turnip, and add 1 tablespoon minced onion.

### TURNIPS EN CASSEROLE

|                                     |                                         |
|-------------------------------------|-----------------------------------------|
| 3 cups turnips, cubed <i>or</i> cut | $1\frac{1}{2}$ teaspoons salt           |
| with French vegetable cutter        | $1\frac{1}{2}$ teaspoons sugar          |
| $\frac{1}{4}$ cup butter            | $\frac{1}{3}$ cup water <i>or</i> stock |

Put turnips in baking dish with other ingredients. Cover and bake in moderate oven ( $350^{\circ}$  F.) until soft. *Serves 6.*

### ZUCCHINI

*One pound serves 3.* Select small, young zucchini. Wash but do not pare. Cut in 1-inch slices.

**Boiled.** Cook in boiling, salted water until tender (5–15 minutes). Drain, pour on melted butter or thin Cream Sauce (p. 222).

**Sautéed.** Sauté in olive oil or butter, turning frequently. If liked, cook with a clove of garlic. Season with salt and paprika.

**Italian Style.** Sauté 1 sliced onion in butter until yellow, add 1 pound zucchini, and cook and stir 5 minutes. Add 1 cup fresh or canned tomatoes, season with salt and pepper, cover, and cook 5 minutes. Put in buttered baking dish, sprinkle with grated cheese, and bake in moderately hot oven ( $375^{\circ}$  F.) until brown. *Serves 4.*

### BAKED ZUCCHINI

*Allow 1 small squash per person.* Cut in halves, lengthwise. Arrange, cut side up, in buttered baking dish, dot with butter or bits of bacon, sprinkle with salt and pepper, and bake in moderately hot oven

(375° F.) until tender. Serve with Tomato Sauce (p. 230) or Hollandaise (p. 232). If desired, scoop out some of center and fill with bits of tomato before baking.

**Stuffed.** Parboil 10 minutes, cool, and cut in two, lengthwise. Scoop out pulp and chop. Sauté (*for 6*)  $\frac{1}{2}$  pound veal or 1 cup chopped mushrooms in 2 tablespoons olive oil until well browned. Put through food chopper. Cook 2 tablespoons minced onion in same pan until yellow, add zucchini pulp, and cook 5 minutes. Cool slightly, add 2 eggs, beaten,  $\frac{1}{3}$  cup grated Parmesan or Romano cheese and chopped veal. If desired, add bread crumbs and Brown Stock or gravy. Season with salt, pepper, marjoram or thyme, and minced parsley. Stuff zucchini. Sprinkle with buttered crumbs. Bake in moderate oven (350° F.) until tender (about 30 minutes). One clove of garlic may be minced and cooked with onion.

### VEGETABLES EN CASSEROLE

|                                      |                                                |
|--------------------------------------|------------------------------------------------|
| 6 medium-sized potatoes, sliced thin | $\frac{1}{4}$ cup rice, picked over and washed |
| 1 small turnip, cubed                | 1 teaspoon salt                                |
| 1 cup canned or cooked peas          | $\frac{1}{8}$ teaspoon pepper                  |
| 1 cup tomatoes                       | $\frac{1}{8}$ teaspoon allspice                |
| 1 onion, sliced                      | 4 cups Brown Stock (p. 178)                    |

Put ingredients, except stock, in alternate layers in casserole, pour on stock, cover, and cook 3 hours, or until rice is tender, in slow oven (250° F.). *Serves 6.*

### MACÉDOINE OF VEGETABLES À LA POULETTE

|                             |                                            |                                                   |
|-----------------------------|--------------------------------------------|---------------------------------------------------|
| $1\frac{1}{4}$ cups carrots | } cut in strips or fancy shapes and cooked | $1\frac{1}{4}$ cups peas, cooked or canned        |
| $\frac{1}{2}$ cup turnips   |                                            | Suprême Sauce (p. 226), made with vegetable water |

Add vegetables to sauce and heat to boiling point. Top milk may be used in sauce and egg yolk omitted. *Serves 6.*

For additional recipes using cooked vegetables, see Chapter 14, "Soups and Chowders," and Chapter 24, "Salads."

## CHAPTER 23

# Salad Dressings

### FRENCH DRESSING

|                                                 |                                              |
|-------------------------------------------------|----------------------------------------------|
| $\frac{1}{2}$ cup olive oil                     | $\frac{1}{4}$ cup vinegar, red wine vinegar, |
| 1 teaspoon salt                                 | lemon juice, <i>or</i> half vinegar and      |
| $\frac{1}{2}$ teaspoon pepper <i>or</i> paprika | half lemon juice                             |
| $\frac{1}{4}$ teaspoon sugar                    |                                              |

Place ingredients in small, covered bottle or glass jar. Chill thoroughly. Just before serving, shake vigorously 1 or 2 minutes. Make up a larger amount and keep on hand to use in many ways, to marinate meat or vegetables as well as seasoning and salad dressing.

#### Ways to Vary French Dressing

1. Use French olive oil for its delicate flavor, Italian for its rich fruity flavor.
2. Add a few drops of onion juice or 1 teaspoon finely chopped shallot, or shake a cut garlic clove with dressing (remove before serving).
3. Add  $\frac{1}{2}$  teaspoon dry mustard.
4. Season with Tabasco, Worcestershire, or other table sauce to taste.
5. Just before serving, add 1 tablespoon Mayonnaise or heavy cream.

### SPECIAL FRENCH DRESSINGS

**Breslin French Dressing.** Add 1 tablespoon chopped pistachio nuts and  $\frac{1}{2}$  teaspoon finely chopped truffle. *For fruit salads.*

**California French Dressing.** Use grapefruit juice in place of vinegar. *For fruit salads.*

**Chutney Dressing.** Use half lemon juice and half vinegar and add  $\frac{1}{4}$  to 1 cup finely chopped chutney, according to taste.

**Cream French Dressing.** Add  $\frac{1}{3}$  cup heavy cream, unbeaten, or beaten until thick but not stiff. *For fruit salads.*

**Cumberland Dressing.** Use lemon juice. Add 1 tablespoon heavy cream, 1 tablespoon currant jelly, and  $\frac{1}{4}$  teaspoon grated lemon rind. *For fruit salads.*

**Curry Dressing.** Add  $\frac{1}{4}$  teaspoon curry powder and a few drops of onion juice.

**French Fruit Dressing.** Use lemon juice. Chop 4 candied cherries, 1 candied plum, and  $\frac{1}{2}$  slice candied pineapple and add. *For fruit salads.*

**Ginger French Dressing.** Add 1 tablespoon finely chopped, preserved ginger. *For fruit salads.*

**Honey Dressing.** Omit pepper. Add  $\frac{1}{2}$  cup strained honey. Beat until frothy. *For fruit salads.*

**Martinique French Dressing.** Add 1 teaspoon finely chopped parsley and 1 tablespoon finely chopped green pepper.

**Mint Dressing.** Add 1 to 2 tablespoons finely cut fresh mint leaves. *For fruit salads.*

**Porto Rico Dressing.** Use half lemon juice and half vinegar. Add 2 tablespoons chopped olives and 1 tablespoon tomato catsup.

**Roquefort French Dressing.** Add 1 to 4 tablespoons dry Roquefort cheese crumbs and a few drops of onion juice.

**Russian French Dressing.** Add 2 tablespoons chili sauce, 1 tablespoon finely chopped red or green pepper, and a few drops onion juice.

**Tomato French Dressing.** Add 1 teaspoon strained tomato juice and a few drops of onion juice.

### CHIFFONADE DRESSING

|                              |                            |
|------------------------------|----------------------------|
| French Dressing              | 1 teaspoon finely chopped  |
| 2 tablespoons finely chopped | shallot <i>or</i> onion    |
| parsley                      | 2 hard-cooked eggs, finely |
| 2 tablespoons finely chopped | chopped                    |
| red pepper                   |                            |

Mix ingredients, chill, and shake thoroughly.

### HERB DRESSING

Add 1 teaspoon dried finely crushed marjoram and 1 tablespoon chopped parsley to French Dressing made with lemon juice. Season more highly, if desired, with a few drops Angostura bitters, Worcestershire or A 1 sauce. Or, omit marjoram and add 1 tablespoon finely chopped fresh herbs, using one of the following or a combination: anise leaves, basil, borage, burnet, chervil, chives, mint, rue, sorrel, tarragon.

**INDIAN SALAD DRESSING**

|                                                        |                                           |
|--------------------------------------------------------|-------------------------------------------|
| French Dressing                                        | 1 tablespoon finely chopped green pepper  |
| Yolks 2 hard-cooked eggs,<br>rubbed through a strainer | 1 tablespoon finely chopped pickled beets |
| 1 tablespoon finely chopped red pepper                 | 1 teaspoon finely chopped parsley         |

Mix ingredients, chill, and shake thoroughly.

**LAKEWOOD DRESSING**

|                                              |                                |
|----------------------------------------------|--------------------------------|
| 4 tablespoons olive oil                      | 1 teaspoon salt                |
| 1 tablespoon grapefruit juice                | $\frac{1}{4}$ teaspoon paprika |
| $\frac{1}{2}$ tablespoon vinegar             | $\frac{1}{8}$ teaspoon pepper  |
| 1 tablespoon finely chopped Roquefort cheese |                                |

Mix ingredients, chill, and shake thoroughly. *For fruit salads.*

**LIME DRESSING**

|                                |                               |
|--------------------------------|-------------------------------|
| 4 tablespoons olive oil        | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons fresh lime juice | $\frac{1}{4}$ teaspoon salt   |
| 5 drops Tabasco sauce          | 1 teaspoon celery salt        |
| Few grains cayenne             | 2 teaspoons sugar             |

Mix ingredients, chill, and shake thoroughly. *For fruit salads.*

**NUT PASCAGOULA DRESSING**

|                                |                               |
|--------------------------------|-------------------------------|
| 1 tablespoon blanched pecans   | $\frac{1}{4}$ teaspoon salt   |
| 1 tablespoon blanched almonds  | $\frac{1}{2}$ teaspoon catsup |
| $\frac{1}{4}$ teaspoon mustard | $\frac{1}{4}$ teaspoon sugar  |
| $\frac{1}{4}$ teaspoon paprika | 1 tablespoon vinegar          |
| 5 tablespoons olive oil        |                               |

Pound nuts into a paste. Mix seasonings, add vinegar, and beat in oil slowly; add gradually to nut mixture. *For fruit salads.*

**OHIO SALAD DRESSING**

|                                  |                                        |
|----------------------------------|----------------------------------------|
| 1 tablespoon powdered sugar      | $\frac{1}{4}$ teaspoon mustard         |
| 2 teaspoons Worcestershire sauce | Few grains cayenne                     |
| 2 teaspoons tomato catsup        | 3 drops Tabasco sauce                  |
| 1 tablespoon olive oil           | $1\frac{1}{2}$ tablespoons lemon juice |
| $\frac{1}{2}$ teaspoon salt      | $1\frac{1}{2}$ tablespoons vinegar     |

Mix ingredients, chill, and shake thoroughly.



**PARISIAN FRENCH DRESSING**

|                                       |                                           |
|---------------------------------------|-------------------------------------------|
| French Dressing                       | 2 tablespoons finely chopped              |
| $\frac{1}{2}$ teaspoon powdered sugar | parsley                                   |
| 1 tablespoon finely chopped           | $\frac{1}{2}$ tablespoon chopped pimiento |
| Bermuda onion                         | $\frac{1}{2}$ tablespoon chopped green    |
| 1 teaspoon salt                       | pepper                                    |

Mix ingredients, chill, and shake thoroughly.

**PINEAPPLE HONEY DRESSING**

|                               |                                 |
|-------------------------------|---------------------------------|
| $\frac{1}{2}$ cup honey       | $\frac{1}{4}$ teaspoon salt     |
| $\frac{1}{4}$ cup lemon juice | 3 tablespoons crushed pineapple |

Mix, chill, and shake thoroughly. *For fruit salads.*

**THOUSAND ISLAND FRENCH DRESSING**

|                                |                                     |
|--------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup olive oil    | 1 teaspoon onion juice              |
| Juice $\frac{1}{2}$ orange     | 1 tablespoon finely chopped parsley |
| Juice $\frac{1}{2}$ lemon      | 8 sliced stuffed olives             |
| 1 teaspoon salt                | 1 teaspoon Worcestershire sauce     |
| $\frac{1}{4}$ teaspoon paprika | $\frac{1}{4}$ teaspoon mustard      |

Mix ingredients, chill, and shake thoroughly.

**HARVARD SALAD DRESSING**

|                                |                                |
|--------------------------------|--------------------------------|
| 4 hard-cooked eggs             | $\frac{1}{2}$ teaspoon mustard |
| 4 tablespoons olive oil        | $\frac{1}{2}$ teaspoon salt    |
| 4 tablespoons vinegar          | Few grains cayenne             |
| $\frac{1}{2}$ tablespoon sugar | 1 egg white, beaten stiff      |

Force yolks of hard-cooked eggs through strainer, then work until smooth. Add sugar; mustard, salt, and cayenne, and when well blended add gradually oil and vinegar, stirring and beating until thoroughly mixed. Cut and fold in egg white.

**ASTORIA SALAD DRESSING**

|                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| $\frac{1}{4}$ cup Mayonnaise               | $\frac{1}{2}$ tablespoon finely chopped |
| $\frac{1}{4}$ cup French Dressing (p. 464) | green pepper                            |
| 2 tablespoons tomato catsup                | 3 drops Tabasco sauce                   |

Add French Dressing slowly to Mayonnaise, stirring constantly; then add remaining ingredients.

## MAYONNAISE I

|                                |                             |
|--------------------------------|-----------------------------|
| $\frac{1}{2}$ teaspoon mustard | 1 egg yolk                  |
| $\frac{1}{2}$ teaspoon sugar   | 1 tablespoon vinegar        |
| $\frac{1}{2}$ teaspoon salt    | $\frac{3}{4}$ cup olive oil |
| Few grains cayenne             | 1 tablespoon lemon juice    |

Sift first 4 ingredients into a deep bowl, add egg yolk, mix thoroughly, and add vinegar, while stirring constantly. Beat in 3 teaspoons oil, a drop at a time, using silver fork, wire whisk, small wooden spoon, or egg beater as preferred. Beat in oil, 1 teaspoon at a time, until mixture thickens. Be sure mixture is completely smooth before each new addition of oil. Stir in lemon juice, adding more if Mayonnaise is too thick.

Mayonnaise should be stiff enough to hold its shape, but will thicken somewhat after standing in cool place (not refrigerator). Do not stir or beat after making. It soon liquefies when added to meat or vegetables; therefore it should be added just before serving time. If dressing is to be kept for a few days, add at the last 1 teaspoon hot water.

If Mayonnaise curdles (usually because oil has been added too rapidly), put an egg yolk into a bowl and add Mayonnaise to it, beating it in gradually.

**Carlton Salad Dressing.** Add 2 tablespoons Tomato Purée (p. 222), or undiluted canned tomato soup,  $\frac{1}{2}$  tablespoon lemon juice,  $1\frac{1}{2}$  teaspoons powdered sugar,  $\frac{1}{4}$  teaspoon Worcestershire sauce,  $\frac{1}{2}$  teaspoon A 1 sauce.

**Chinese Dressing.** Add  $\frac{1}{4}$  cup chopped almonds,  $\frac{1}{4}$  cup currant jelly, and  $\frac{1}{2}$  cup heavy cream, whipped. *For fruit salads.*

**Chutney Mayonnaise.** Add  $1\frac{1}{2}$  tablespoons chutney and stir until thoroughly blended.

**Cream Mayonnaise.** Add  $\frac{1}{3}$  cup heavy cream, sweet or sour, beaten until stiff. *For fruit salads.*

**Green Mayonnaise.** Color with spinach juice or vegetable coloring, or pound  $\frac{1}{2}$  cup watercress and  $\frac{1}{4}$  cup parsley in mortar, squeeze through cheesecloth, and use to color Mayonnaise.

**Mayonnaise à la Connely.** Add  $\frac{1}{2}$  cup cold, boiled rice.

**Mayonnaise Piquante.** Add 2 tablespoons, each, olives and pickles, finely chopped.

**Ravigôte Mayonnaise.** Pound in mortar 2 tablespoons cooked

spinach, 1 tablespoon capers, 3 anchovies,  $\frac{1}{3}$  cup parsley, and  $\frac{1}{2}$  cup watercress. Squeeze through cheesecloth and add to Mayonnaise.

**Red Mayonnaise.** Color with tomato juice, tomato catsup, Tomato Purée (p. 222), vegetable coloring, or lobster coral forced through fine sieve.

**Russian Dressing I.** To  $\frac{1}{2}$  cup Mayonnaise add  $\frac{1}{4}$  cup chili sauce, drained from liquor,  $\frac{1}{4}$  cup India Relish, and  $\frac{1}{2}$  teaspoon powdered sugar.

**Russian Dressing II.** To  $\frac{1}{2}$  cup Mayonnaise add  $\frac{1}{4}$  cup chili sauce, 1 tablespoon celery, cut in small pieces, 1 tablespoon pimiento, cut in small pieces, 1 tablespoon green pepper, cut in small pieces.

**Thousand Island Dressing.** To Russian Dressing I or II add  $\frac{1}{4}$  cup cream beaten until stiff. Serve immediately.

### MAYONNAISE II (*Whole Egg*)

|                                |                               |
|--------------------------------|-------------------------------|
| $\frac{1}{2}$ teaspoon salt    | 1 tablespoon vinegar          |
| $\frac{1}{4}$ teaspoon mustard | 1 tablespoon lemon juice      |
| Few grains cayenne             | 1 egg                         |
|                                | $1\frac{1}{2}$ cups olive oil |

Mix dry ingredients, add vinegar and egg. Beat with egg beater, add  $\frac{1}{3}$  cup oil, and beat until dressing begins to thicken. Add  $\frac{1}{3}$  cup oil, beat as before. Add remaining oil,  $\frac{1}{3}$  cup at a time. Beat until thick. Thin with lemon juice.

### POTATO MAYONNAISE

|                         |                             |
|-------------------------|-----------------------------|
| Very small baked potato | 1 teaspoon powdered sugar   |
| 1 teaspoon mustard      | 2 tablespoons vinegar       |
| 1 teaspoon salt         | $\frac{3}{4}$ cup olive oil |

Remove potato from skin and mash. Add mustard, salt, and powdered sugar; add 1 tablespoon vinegar and rub mixture through fine sieve. Beat mixture while adding, slowly, oil and remaining vinegar.

### ROQUEFORT CHEESE DRESSING

|                                             |                                 |
|---------------------------------------------|---------------------------------|
| 2 tablespoons Mayonnaise                    | 2 tablespoons Roquefort cheese, |
| French Dressing (p. 464)                    | broken in small pieces          |
| $\frac{1}{2}$ teaspoon Worcestershire sauce |                                 |

Mix Mayonnaise and cheese and add French Dressing very slowly; then add Worcestershire sauce. Cream cheese or Roquefort-flavored cream cheese may be used in place of Roquefort.

**COOKED SALAD DRESSING**

|                                |                                       |
|--------------------------------|---------------------------------------|
| $\frac{1}{4}$ tablespoon salt  | 1 egg or 2 egg yolks, slightly beaten |
| 1 teaspoon mustard             |                                       |
| $\frac{2}{3}$ tablespoon sugar | 2 tablespoons butter                  |
| Few grains cayenne             | $\frac{3}{4}$ cup milk                |
| 2 tablespoons flour            | $\frac{1}{4}$ cup vinegar             |

Sift dry ingredients, add egg, butter, milk, and vinegar very slowly. Stir and cook over boiling water until mixture begins to thicken. Strain and cool. For a thinner dressing, use one egg yolk.

**Cream Dressing.** Omit flour and butter. Use cream in place of milk. Cook cream with mixture or cook mixture without cream, chill, and fold in cream, beaten until thick but not stiff.

**COOKED OLIVE OIL DRESSING**

|                                  |                                                                             |
|----------------------------------|-----------------------------------------------------------------------------|
| $1\frac{1}{2}$ teaspoons mustard | 2 tablespoons olive oil                                                     |
| 1 teaspoon salt                  | $\frac{1}{3}$ cup vinegar diluted with cold water to make $\frac{1}{2}$ cup |
| 2 teaspoons powdered sugar       |                                                                             |
| Few grains cayenne               | 2 eggs, slightly beaten                                                     |

Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed. Add diluted vinegar. Cook over boiling water until mixture begins to thicken. Strain and cool.

**SOUR CREAM SALAD DRESSING**

|                           |                               |
|---------------------------|-------------------------------|
| 1 cup sour cream          | 2 teaspoons salt              |
| 1 egg, slightly beaten    | 2 teaspoons sugar             |
| $\frac{1}{4}$ cup vinegar | 1 teaspoon mustard            |
|                           | $\frac{1}{8}$ teaspoon pepper |

To cream add egg, vinegar, and dry ingredients, thoroughly mixed. Cook in double boiler, stirring constantly, until mixture begins to thicken.

**CHICKEN SALAD DRESSING**

|                                      |                                 |
|--------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup rich chicken stock | 1 teaspoon salt                 |
| $\frac{1}{2}$ cup vinegar            | $\frac{1}{4}$ teaspoon pepper   |
| 5 egg yolks, slightly beaten         | Few grains cayenne              |
| 2 tablespoons prepared mustard       | $\frac{1}{2}$ cup thick cream   |
|                                      | $\frac{1}{3}$ cup melted butter |

Obtain stock by reducing stock in which fowl has been cooked to  $\frac{1}{2}$  cup. Add vinegar, egg yolks, and seasonings to stock. Cook in double boiler, stirring constantly, until mixture barely begins to thicken. Do not overcook. Strain, add cream and butter. Cool.

**FRUIT SALAD DRESSING I**

|                                        |                         |
|----------------------------------------|-------------------------|
| $\frac{1}{3}$ cup orange juice         | $\frac{1}{2}$ cup sugar |
| $1\frac{1}{2}$ tablespoons lemon juice | 1 cup whipping cream    |
| 1 egg or 2 egg yolks, slightly beaten  | Few grains salt         |

Mix fruit juices, add egg and sugar. Cook in double boiler 2 minutes. Cool, add cream beaten until thick but not stiff. Add salt and continue beating until thoroughly blended. Canned fruit sirup may replace orange juice and half the sugar.

**FRUIT SALAD DRESSING II**

|                             |                                    |
|-----------------------------|------------------------------------|
| 2 eggs                      | $\frac{1}{4}$ cup powdered sugar   |
| 3 tablespoons melted butter | $\frac{1}{2}$ teaspoon celery salt |
| 3 tablespoons lemon juice   | $\frac{1}{2}$ teaspoon vanilla     |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ teaspoon paprika     |
| 1 cup whipping cream        | 3 drops onion juice, if desired    |

Beat eggs until very light, and add gradually, while beating constantly, melted butter, lemon juice, and salt. Cook over hot water, stirring constantly, until mixture begins to thicken. Cool, add cream, beaten until thick but not stiff, and remaining ingredients.

**LOS ANGELES DRESSING**

|                                    |                                                     |
|------------------------------------|-----------------------------------------------------|
| 4 egg yolks, slightly beaten       | 1 teaspoon mustard                                  |
| $\frac{1}{4}$ cup olive oil        | Few grains cayenne                                  |
| 1 tablespoon lemon juice           | 1 cup whipping cream                                |
| $1\frac{1}{2}$ tablespoons vinegar | 1 teaspoon sugar                                    |
| 1 teaspoon salt                    | $1\frac{1}{2}$ tablespoons grated horse-radish root |

Add oil, lemon juice, vinegar, salt, mustard, and cayenne to egg yolks. Cook in double boiler, stirring constantly, until mixture begins to thicken. Chill, add cream, beaten until thick, sugar, and horse-radish.

**MAPLE SIRUP DRESSING**

|       |                   |                              |
|-------|-------------------|------------------------------|
| 1 egg | 1 cup maple sirup | Juice of $\frac{1}{2}$ lemon |
|-------|-------------------|------------------------------|

Beat egg slightly with a fork, add sirup and lemon juice, and cook in double boiler over hot water until thick, stirring constantly. Chill. Add 2 tablespoons or more, according to taste, to 1 cup whipped cream. *For fruit salads.*



**TANGO SALAD DRESSING**

|                        |                        |
|------------------------|------------------------|
| 1½ tablespoons flour   | ½ cup evaporated milk  |
| ¾ tablespoon mustard   | ⅓ cup lemon juice      |
| 2 tablespoons sugar    | 2 tablespoons butter   |
| ½ tablespoon salt      | ¼ teaspoon celery seed |
| 1 egg, slightly beaten | ½ cup whipping cream   |
| Orange juice           |                        |

Sift flour, mustard, sugar, and salt. Add egg, milk, and lemon juice. Cook in double boiler, stirring constantly, until mixture begins to thicken. Strain, add butter and celery seed. Cool and add cream, beaten until thick. Just before serving, thin with orange juice. *For fruit salads.*

**WHIPPED CREAM DRESSING**

|                      |                                 |
|----------------------|---------------------------------|
| ½ cup whipping cream | 3 tablespoons vinegar <i>or</i> |
| ¼ teaspoon salt      | 2 tablespoons lemon juice       |
| Few grains pepper    |                                 |

Beat cream until stiff, using an egg beater. Beat in other ingredients very slowly.

**Horse-radish Cream Dressing.** Fold in 2 tablespoons grated fresh horse-radish root. If bottled is used, omit vinegar.

**Sour Cream Dressing.** Use sour cream. Beat or not. Reduce vinegar to 1 tablespoon and add ½ tablespoon lemon juice and ½ teaspoon sugar.

**Denver Cream Dressing.** Beat in 1 tablespoon prepared mustard as cream begins to thicken and add salt to taste.

## CHAPTER 24

# Salads

### TERMS USED IN SALAD MAKING

**Chapon.** Remove a small piece from end of French loaf and rub over with a clove of garlic, first dipped in salt. Place in bottom of salad bowl before arranging salad. A chapon is often used in vegetable salads and gives an agreeable additional flavor.

**To Marinate.** Let stand in French Dressing until well seasoned. Also used in meat cooking, etc., to improve flavor.

**To Mask.** Cover whole surface of a salad with Mayonnaise or a similar dressing. Masking is usually done as a base for garnishing.

**Julienne-shaped pieces** are the size and shape of small matches.

### SALAD SERVICE

Serve on individual chilled plates (avoid overcrowding) or from salad bowl. Have pieces of size convenient to take with fork.

**Dinner or Luncheon.** Simple green or fruit salad. With light main course, more elaborate salad may be served.

**Luncheon, Buffet Supper, or Sunday-Night Supper.** Mixed fruit salads (p. 488), salads with fish, meat, or eggs (p. 496 ff.), molded salads (p. 490), and salad sandwich loaves (p. 508). With fruit or vegetable salads, serve cold meat or cheese in some form, such as Cheese Soufflé (p. 140), crackers and cheese, toasted cheese sandwiches, etc. Individual salad plates may be arranged on large plates (dinner size) with separate servings of a hearty salad, a mixed green salad, and a cheese accompaniment, such as Cheese and Nut Balls (p. 477), etc.

**First Course.** Stuffed tomato salad (simple stuffing), avocado salad, mixed green salad, or Tomato or Cucumber Jelly in a ring mold garnished with caviare or filled with chopped hard-cooked egg mixed with Mayonnaise. One or two anchovies, shrimp, or sardines

for each serving add an appetizing touch to a simple green salad. Serve with Melba Toast or simple unsweetened wafers.

**Dessert.** Mixed fruit salad (p. 488) or a frozen fruit salad (p. 508), with sweet or slightly sweet dressing.

**Picnics.** Potato, cooked vegetable, chicken, fish, or any salad not injured by being prepared long in advance or by being tightly packed or shaken. Cooked dressing is safer than Mayonnaise, which may separate if mixed with the salad too long in advance of serving. Wash lettuce, tomato, cucumber, etc., and wrap separately in waxed paper, to be sliced and mixed with French Dressing when ready to serve.

## PREPARATION OF SALAD INGREDIENTS

### SALAD GREENS

Cut away any discolored or wilted parts. Wash carefully but thoroughly. Dry gently with clean, soft towel. Chill. If all is not to be used immediately, store, unwashed, in tightly covered receptacle in refrigerator and wash as needed.

**Boston or Head Lettuce.** Cut off root end and hold, head downward, under running water so that leaves are separated by water. Or, after cutting off root end, let stand in cold water.

**Iceberg Lettuce.** Wash and cut in halves, quarters, or in slices. To separate leaf by leaf, follow instructions for Boston lettuce.

**Romaine, Escarole, Watercress, Parsley, Spinach (tender, young leaves), Chicory, Dandelion, etc.** Separate leaf by leaf. Remove any hard or discolored part.

### FRUITS

Use thoroughly ripe but firm and unblemished fruit, well chilled. Cut in even pieces. Prepare as required by recipe.

**Apples.** Cortland and Delicious are superior apples for salad. Do not pare apples with bright red skin. Wipe, core, and cut in pieces. To make very crisp and white, cut apples in pieces and soak in salted ice water.

**Avocados or Alligator Pears.** To select, see p. 53. Cut in half and remove seed. Peel and cut as desired.

**Bananas.** Peel, scrape with silver or stainless-steel knife, and cut in pieces as desired. Sprinkle with lemon juice to prevent darkening or cut just before using.

**Orange or Grapefruit.** To remove sections, see p. 59.

**Dried Fruit, Raisins, Candied Orange Peel, etc.** If to be used with canned fruit, combine and let stand several hours before draining juices from canned fruit.

## VEGETABLES

**Celery.** Wash carefully. Save tough outer stalks to cook as a vegetable or for soup. Serve hearts whole (club style) or separated into individual stalks. Crisp in covered container in refrigerator or by placing in ice water to which has been added a little lemon juice or vinegar or a lemon rind.



*Curled Celery and Radish Flowers*

**To Curl Celery.** Use a sharp knife and, beginning at end of stalk, make five cuts parallel with each other, extending  $\frac{1}{3}$  the length of celery. Put in cold or ice water and let stand overnight or for several hours, when cut ends will curl back and celery will be very crisp. Both ends may be curled. *To cut celery for salad*, cut lengthwise in narrow strips, then crosswise in fine pieces or short strips.

**Cucumbers.** Pare or not. Slice thinly, dice, or cut in fancy shapes. If slices with fancy edge are desired, pare with fluted knife or make parallel grooves lengthwise of cucumber with silver fork. To crisp, soak  $\frac{1}{2}$  hour (not longer) in salt water.

**Radishes.** Remove tip, leave only such parts of leaves and stem as make an attractive garnish. Cut to represent tulips or roses or remove even strips at intervals. (See page 475.) Keep in ice water until serving time.

**Tomatoes.** Hold on fork over gas flame for a moment until skin wrinkles and splits, then peel. *Or* drop into boiling water for 2 minutes, remove, peel, and chill. *Or* rub entire surface with back of knife and peel.

**Cooked Vegetables.** Cut in pieces of attractive size and shape. Marinate (cover with French Dressing) and chill thoroughly before combining.

**Cooked Meat.** Free from skin, gristle, and bones and cut in small cubes.

**Cooked Fish.** Flake or cut in cubes.

## SALAD GARNISHES

Parsley, chives, green pepper, or pimiento, cut fine

Sprays of watercress, mint, or parsley

Strips of pimiento or green pepper

Grated raw carrot

Cucumber, diced or in thin slices

Radishes, whole, in thin slices, or cut to represent tulips or roses

Stuffed olives, whole or sliced

Truffles, chopped or cut in fancy shapes

Capers

Ripe olives, whole or chopped

Aspic cubes, plain or colored red or green

Jelly cubes

Tiny bottled grapes, colored red, green, or orange

Red or green cherries, whole or cut in petal-shaped pieces

Cream cheese or whipped cream put on with pastry bag

Candied orange peel, chopped fine

Candied fruits of various colors, chopped or cut in shapes

## CHEESE CARROTS

Shape cream or pimiento cheese in form of small carrots. Insert parsley to represent tops. If desired, roll in grated raw carrot.



**FRIED CHEESE BALLS**

|                            |                    |
|----------------------------|--------------------|
| 1½ cups grated mild cheese | Few grains cayenne |
| 1 tablespoon flour         | 3 egg whites       |
| ¼ teaspoon salt            | Cracker dust       |

Mix cheese with flour and seasonings. Beat egg whites until stiff and add to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat (280° F.), and drain on brown paper.

**CREAM CHEESE BALLS**

Mash cream cheese, moisten with cream or salad dressing. Season to taste with salt and paprika. Shape in balls about 1 inch in diameter, using fingers or butter paddles.

**Cheese Apples.** Shape, insert clove to represent stem. Dust with paprika.

**Cheese and Nut Balls.** Roll in finely chopped nut meats.

**Ginger Cheese Balls.** Add finely chopped Canton ginger to mixture.

**Cheese Mushrooms.** Shape like mushroom caps and stems. Roll each part in sifted chopped almonds. Put together.

**Olive or Walnut Deceits.** Add ¼ cup chopped olives or walnut meats to mixture. Roll in sifted cracker crumbs. Flatten and place English walnut meats opposite each other on each ball.

**Roquefort Cheese Balls.** Blend in crumbs of Roquefort cheese. Season with a few drops of onion juice.

**FIGS, DATES, or PRUNES STUFFED  
WITH CHEESE**

Mash cream or cottage cheese, moisten with heavy cream, and season highly with salt and cayenne. If desired, add a few chopped seedless raisins or blanched almonds. Wash and dry figs, dates, or cooked prunes, remove pits, make an incision in each, and stuff with cheese mixture. Smooth off along cut.

**STUFFED CHERRIES**

Remove stones from fresh or canned cherries. Fill each with a whole nut meat. Black cherries are good with pecans.

### LEMON BASKETS

Cut lemon in half, using special knife which makes a scalloped edge. Extract juice to use as desired and carefully cut out pulp and center. Cut off piece from end so that basket will stand firmly. Fill with Mayonnaise.\*

### GREEN SALADS

Serve lettuce, watercress, chicory, fennel (anise or finocchio), endive, romaine, young spinach leaves, etc., separately or in combination, with French Dressing\* or a variation. Roquefort (p. 465) or Thousand Island Dressing (p. 467) is especially good with iceberg lettuce, Chinese cabbage, endive, or romaine. If desired, serve Cream Cheese or Roquefort Cheese Balls (p. 477) in bowl or on plate. Serve from a bowl or arranged on individual chilled plates.

**Normandy Salad.** Romaine sprinkled with chopped red and green peppers and chopped green and ripe olives.

### MIXED GREEN SALAD

#### FRENCH SALAD BOWL or CHEF'S SALAD

Rub salad bowl, preferably wooden, with clove of garlic or put in piece of bread rubbed over with clove of garlic. Prepare a combination of well-dried salad greens. Arrange in layers in bowl. Pour over French Dressing.\* Toss lightly with two large forks until all parts are well coated with dressing. Cut through and through until pieces are small enough to serve easily. If preferred, tear greens into small pieces with fingers before putting in bowl. Taste and add more seasoning, if needed.

**To Dress Salad at Table.** Use same proportion of ingredients as for French Dressing.\* Arrange salad in bowl. Sprinkle with seasonings, add oil, toss over and over until leaves are well coated. (The French call it "fatiguing" the salad.) Add vinegar and toss again.

**Variations.** Add, as desired, small wedges of tomato, bits of avocado, flowerets of raw cauliflower (drain thoroughly). Add Julienne-

\* French Dressing, p. 464. Mayonnaise, p. 468.

shaped pieces of ham, chicken, or turkey, tongue and cheese, separately or in combination. Add a few shrimps, broken in pieces.

**Chiffonade Salad.** Finely cut celery, short pieces of romaine, small sections of tomato, and watercress on lettuce.

**Florentine Salad.** Diced celery, endive, and sliced cucumber on lettuce. Sprinkle with finely chopped, hard-cooked egg.

**Spring Salad.** Tomato sections, sliced cucumber, sliced radish, strips of green pepper, green onions, and watercress on lettuce.

**Herb Salad.** Before adding dressing, add 1 tablespoon finely cut herbs. Use any of the following, alone or in combination: anise, basil, borage, burnet, chervil, chives, mint, rue, sorrel, tarragon.

**Fashion Park Salad.** To shredded lettuce add Julienne-shaped pieces of ham, chicken or turkey, cheese and tongue or salami. Mix with Russian Dressing (p. 465 or 469).

## VEGETABLE SALADS

Marinate cooked vegetables separately in French Dressing.\* Chill thoroughly. Serve on salad green separately or in combination.

**Asparagus tips**, cooked or canned on thick slice of tomato. French\* or Vinaigrette Dressing (p. 238).

**Beets**, cooked, sliced thin, sprinkled with chopped mint. French Dressing.\*

**Broccoli**, cooked. French\* or Vinaigrette Dressing (p. 238).

**Carrots**, raw, chopped with a few blanched almonds and mixed with Mayonnaise.\*

**Cauliflower**, raw, sliced, or cooked and separated into flowerets. French Dressing\* or plain or Ravigôte Mayonnaise.\*

**Celeriac**, cooked, cut in halves. French Dressing.\*

**Celery**, cut fine and mixed with Mayonnaise\* or Cream Dressing (p. 470).

**Cucumber**, sliced, diced, or cut in fancy shapes. French or Parisian French Dressing.\* (Also p. 481)

**Bermuda, Italian, or Spanish Onion** in very thin slices or rings. French Dressing.\*

**Heart of Palm** (canned), in slices. French Dressing.\*

\* French Dressing, p. 464. Mayonnaise, p. 468.

*(Vegetable Salads, continued)*

**Spinach**, cooked, finely chopped, seasoned with lemon juice or French Dressing.\* Pack in small oiled molds. Chill. Serve (on thin slice of ham, if desired) with Tartare Sauce (p. 239).

**Tomatoes**, peeled and chilled. Whole, halved, quartered, or sliced. French Dressing,\* Cream Mayonnaise,\* Horse-radish Cream Dressing (p. 472), etc. Sprinkle with chopped chives or garnish with sprays of watercress. (Also p. 483)

**Yellow Tomatoes**, peeled and chilled. Cut in halves, sprinkle with chopped parsley or chives. French Dressing.\*

**Individual Vegetable Salad.** Arrange thick slice of tomato on salad green. Put cauliflower floweret in center. Surround with row of green peas, then row of finely chopped pickled beets. The outside row may be carrot slices or pieces of green or wax beans (refugee are best). One row may be cream cheese put on with pastry bag and tube. Serve with French Dressing.\*

**Macédoine Salad.** Arrange variety of marinated vegetables in symmetrical pattern on salad plate or in salad bowl. Garnish. Serve with French Dressing\* or Mayonnaise.\*

**Russian Salad.** Combine any cooked vegetables. Add Cooked Dressing (p. 470) or Cream Dressing (p. 470). Arrange in salad bowl on bed of lettuce. Mask with dressing. If desired, garnish as follows. Divide top in 4 sections with lines of chopped parsley, chopped green pepper, chopped pimiento or pepper or pimiento strips. Garnish each section differently, with small pieces of smoked salmon, finely chopped, cooked egg white, finely chopped, cooked egg yolks forced through a strainer, or green peas.

### CABBAGE SALAD or COLE SLAW

Chop fine or shred cabbage and soak in cold water until crisp. Drain and dry thoroughly between towels. To make slightly more tender, drop chopped cabbage into large kettle of boiling salted water, let come to boil again; drain immediately and chill. Just before serving, mix (for 2 cups cabbage) with  $\frac{1}{2}$  cup Cooked Dressing (p. 470), Cream (p. 470) or Denver Cream Dressing (p. 472). If liked, add  $\frac{1}{2}$  teaspoon caraway or celery seeds or 1 tablespoon minced onion and  $\frac{1}{4}$  cup finely cut green pepper. *Serves 4.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

For variety, add grated raw carrot, a few sliced stuffed olives, a bit of chopped candied orange peel, finely cut celery or apple ( $\frac{1}{3}$  to  $\frac{1}{2}$  amount of cabbage), or drained, crushed pineapple ( $\frac{1}{3}$  to  $\frac{1}{2}$  amount of cabbage).

**With Celery and Pecans.** Combine 1 cup cabbage and  $1\frac{1}{2}$  cups finely cut celery and 1 cup pecan meats, broken in pieces.

### CABBAGE SALAD BOWL

Remove outside leaves from small, solid white cabbage and cut off stalk close to leaves. Cut out center, leaving a shell the thickness of three or four leaves. Cut edge in points. Pin each point with a long clove. Fill with any cabbage salad. An attractive service for a country buffet supper.

### CUCUMBER CUPS

Pare cucumbers or not. Remove a thick slice from each end and with a silver fork make parallel grooves lengthwise of cucumber. Cut in pieces crosswise and remove some of the inside, leaving cups. Cut cups in thin slices crosswise. Arrange cups on nests of lettuce leaves and fill with Cream French Dressing (p. 464) or Tartare Sauce (p. 239).

### CUCUMBER AND RADISH SALAD

Pare cucumber. Cut in 2-inch pieces. Make cuts as if for thin slices but do not cut all the way through. Insert slice of radish in each cut. Serve on lettuce with French Dressing\* or Martinique French Dressing (p. 465).

### GERMAN POTATO SALAD

|                         |                                   |
|-------------------------|-----------------------------------|
| 2 cups diced raw potato | 1 teaspoon grated raw onion       |
| 1 onion                 | 2 tablespoons bacon fat, hot      |
| French Dressing*        | 1 slice bacon, fried and crumbled |
| Lettuce                 |                                   |

Cook potatoes in boiling salted water with onion. Drain, remove onion, add raw onion, bacon, and bacon fat. Let stand until cold. Mix with French Dressing and serve in nest of lettuce. *Serves 4.*

\* French Dressing, p. 464. Mayonnaise, p. 468.



## POTATO SALAD

2 cups cold boiled potato, cubed      French,\* Cream Dressing (p. 470),  
 Few drops onion juice                      or Mayonnaise\*  
                                                          Salt and pepper

Mix. Serve in nests of lettuce or cabbage leaves or in bowl. Garnish, if desired, with radish roses. If served in bowl, top may be divided into quarters, one garnished with finely chopped white of hard-cooked egg, opposite quarter with yolk of hard-cooked egg, passed through purée strainer, and intervening quarters with chopped pickled beet. Mark dividing lines with chopped parsley. *Serves 4.*

**With Celery.** Add  $\frac{1}{2}$  to 1 cup finely cut celery and 1 apple, pared, cut in eighths, and sliced. Marinate all together in French Dressing.\* Just before serving, add Cream Dressing (p. 470) or Mayonnaise.\* *Serves 6.*

**Bolivia Salad.** Add 3 hard-cooked eggs, finely chopped,  $1\frac{1}{2}$  tablespoons pimientos, minced, and  $\frac{1}{2}$  tablespoon chopped olives or 2 slices onion, minced. Mix with Cream Dressing (p. 470). *Serves 6.*

## HOT POTATO SALAD

|                                          |                                         |
|------------------------------------------|-----------------------------------------|
| 6 medium-sized potatoes                  | 2 tablespoons tarragon vinegar          |
| Salt, pepper                             | 2 tablespoons cider vinegar             |
| $\frac{1}{4}$ cup celery, finely chopped | 4 tablespoons olive oil or              |
| 1 tablespoon parsley, finely             | bacon fat                               |
| chopped                                  | 1 slice lemon, $\frac{1}{2}$ inch thick |

Cook potatoes, cool, and slice thinly into baking dish. Season and sprinkle with celery and parsley. Mix vinegar and oil or fat, add lemon, and heat to boiling point, pour over potatoes, cover, and let stand in moderate oven until thoroughly warmed. *Serves 6.*

## POINSETTIA SALAD

Cut small, firm tomatoes in eighths without severing sections. Open to represent petals of flower. Twist some sections so that they lie on their sides. Put spoonful of Mayonnaise\* in center. Garnish with circle of finely diced pimiento on Mayonnaise.

\* French Dressing, p. 464. Mayonnaise, p. 468.

### HUNTINGTON TOMATO SALAD

Cut medium-sized tomatoes in 5 vertical slices, crosswise, not severing sections. Mash cream cheese, moisten with French Dressing,\* pack into a timbale mold, and chill thoroughly. Remove from mold, cut in  $\frac{1}{4}$ -inch slices, crosswise, and fit slices into cuts in tomatoes. Serve on lettuce with French Dressing.

### PORCUPINE TOMATO SALAD

Stick small, whole, peeled tomatoes with 2-inch narrow strips of celery and green pepper at regular intervals, allowing 7 of each to a tomato. Serve on lettuce with Sour Cream Salad Dressing (p. 470).

### ANNA TOMATO SALAD

Place thick slice of tomato on salad green. Mix Julienne-shaped pieces of celery and apple with Mayonnaise\* and heap on tomato.

### STUFFED TOMATO SALAD

Peel, remove thin slice from top. Take out seeds and some of pulp. Sprinkle inside with salt. Invert, let stand 30 minutes. Fill, garnish, and serve on salad green. As filling, use any of the following:

Chicken Salad (p. 504)

Crab Meat Salad (p. 505)

Russian Salad (p. 480)

Diced cucumbers mixed with Mayonnaise\*

Shredded pineapple, fresh or canned, mixed with  $\frac{1}{3}$  the amount of nut meats. Mix with Mayonnaise\*

Finely cut celery and apple mixed with Mayonnaise\*

Roquefort and cream cheese worked together and moistened with French Dressing\*

Chopped broiled bacon, diced sardines, and tomato cut in small pieces

Cream cheese, chopped stuffed olives, and tomato pulp moistened with French Dressing\* and seasoned with prepared mustard

Caviare and cold boiled rice, moistened with French Dressing\* or Mayonnaise\*

\* French Dressing, p. 464. Mayonnaise, p. 468.

### TOMATO SALAD À LA RUSSE

|                                           |                                               |
|-------------------------------------------|-----------------------------------------------|
| 6 tomatoes                                | Salt, pepper, and vinegar                     |
| $\frac{1}{3}$ cup cucumber dice           | $\frac{1}{2}$ cup cold, cooked chicken, diced |
| $\frac{1}{3}$ cup cooked peas             | Mayonnaise*                                   |
| $\frac{1}{4}$ cup pickles, finely chopped | Lettuce                                       |
| 2 tablespoons capers                      | Finely chopped parsley                        |

Prepare tomatoes as for Stuffed Tomato Salad (p. 483). Mix  $\frac{1}{3}$  cup drained tomato pulp with cucumbers, peas, pickles, and capers. Season. Squeeze thoroughly in cheesecloth. Add chicken. Mix with Mayonnaise. Refill tomatoes. Serve on lettuce sprinkled with finely chopped parsley. *Serves 6.*

### ALLERTON SALAD

|                                                  |                              |
|--------------------------------------------------|------------------------------|
| $\frac{1}{2}$ cup cucumber, cut in tiny cubes    | 3 tablespoons finely chopped |
| $\frac{1}{2}$ cup celery, thinly sliced          | red or green pepper          |
| $\frac{1}{4}$ cup walnut meats, broken in pieces | 6 thick slices tomatoes      |
| Lettuce                                          | Cooked Dressing (p. 470)     |
|                                                  | Finely cut chives            |

Moisten cucumber, celery, nuts, and pepper with dressing. Mound on tomato slices arranged on lettuce. Sprinkle with chives. *Serves 6.*

### CHEESE AND OLIVE SALAD

Mash cream cheese. Add cream. Season with salt and pepper. Add finely chopped olives and finely cut pimiento. Press in mold. Let stand 2 hours. Slice and serve on salad green with Mayonnaise.\*

### SHAMROCK SALAD

Parboil four-lobed green peppers (seeds removed) 5 minutes. Chill. Stuff solidly with mashed cream cheese, to which have been added grated cheese, chopped pimientos, chopped stuffed olives, and cream or salad dressing to moisten. Other combinations may be used. Chill, slice, and serve on salad green with Mayonnaise.\*

**Rochester Salad.** Use canned pimientos in place of peppers.

\* French Dressing, p. 464. Mayonnaise, p. 468.

## SIMPLE FRUIT SALADS

### APPLE AND CELERY or WALDORF SALAD

Mix  $1\frac{1}{2}$  cups cubed apple with 1 cup finely cut celery and  $\frac{1}{2}$  cup Mayonnaise\* or Cooked Dressing (p. 470). Add  $\frac{1}{4}$  cup chopped walnut or pecan meats, if desired. *Serves 6.*

### AVOCADO or ALLIGATOR PEAR SALADS

1. Cut in half, remove seed, fill with dressing or with diced orange and grapefruit sections mixed with dressing. French,\* Lime (p. 466), or Chutney Dressing (p. 464).

2. Cut in half, remove seed, fill with crab meat, chicken, or shrimp salad.

3. Peel, slice, cube, or cut in wedges. Marinate, drain, and serve on salad green.

4. Mix cubes with cantaloupe balls. French\* or Vinaigrette Dressing (p. 238).

5. Alternate with sliced cucumber. Sprinkle with chopped Brazil nuts and green pepper. French Dressing.\*

6. Slice, spread finely cut celery moistened with Roquefort Dressing (p. 469) between slices. French Dressing.\*

7. Slice, arrange alternately with orange, tangerine, or grapefruit sections. French,\* Tango (p. 472), or Thousand Island Dressing (p. 467).

8. Slice, alternate with tomato slices. Or, remove center from thick slice of tomato, arrange on salad green, and fill with pear cut in small pieces. French Dressing.\*

### GRAPEFRUIT SALADS

1. Remove sections. Garnish with watercress or sprinkle with Julienne-shaped pieces of celery and chopped ripe olives. French Dressing.\*

2. Arrange sections, dome-shaped, on marinated, canned artichoke bottoms. Mark sections with strips of canned pimiento. French Dressing\* made with lemon juice or red wine vinegar.

\* French Dressing, p. 464. Mayonnaise, p. 468.

**BANANA SALAD**

Cut in thirds, crosswise, and then in thirds, lengthwise. Roll in finely chopped peanuts. Add a slice or two of tangerine, if desired. French Dressing.\*

**MELON SALAD**

Arrange on salad green or in melon ring, balls or cubes of watermelon, cantaloupe, or honeydew, separately or in combination. French Dressing.\*

**ORANGE SALADS**

1. Remove sections, garnish with watercress, finely chopped fresh mint, or 2 or 3 thin rings of Bermuda onion. French Dressing.\*
2. Alternate with grapefruit sections. French\* or Lime Dressing (p. 466).
3. With endive. French Dressing.\*

**PEACH SALAD**

Arrange fresh or canned halves (pits removed) on salad green. If desired, fill with Cream Cheese Balls (p. 477) or chopped celery and nuts. Lime (p. 466), French,\* or Cream Dressing (p. 470).

**PINEAPPLE SALADS**

1. Arrange slices on lettuce. Garnish with green pepper rings or decorate with cream cheese moistened with French Dressing\* and forced through pastry bag and tube. Place cube of currant jelly in center. French Dressing.
2. Arrange alternate sections of grapefruit and orange like a dome on pineapple. Top with cherry cut like flower and leaves cut from green pepper. French Dressing,\* Cream Mayonnaise (p. 468), or other desired dressing.

**PRUNE SALAD**

Slit cooked or canned prunes, remove pit, and fill solidly with cottage or cream cheese, smoothing along slit to make even white line. Or use as a garnish on any fruit salad. French Dressing.\*

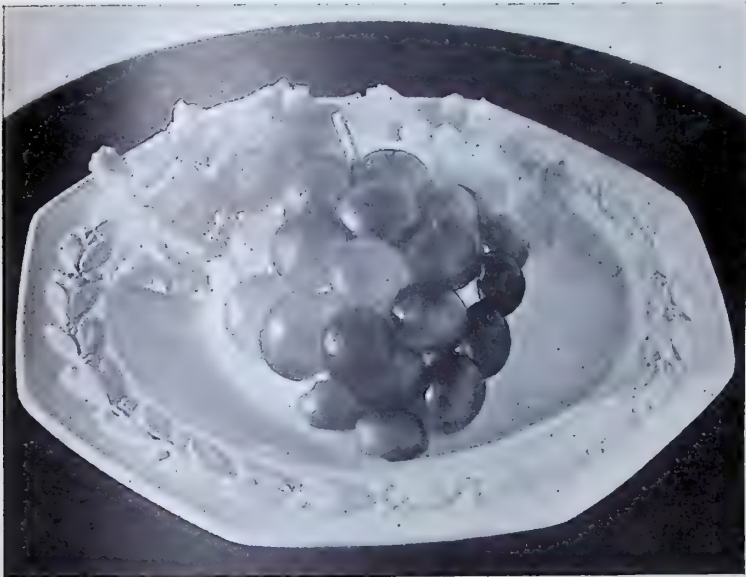
\* French Dressing, p. 464. Mayonnaise, p. 468.



## PEAR SALADS

1. Use canned or very ripe pears (peeled and cored). Serve in halves or sliced. Insert Angelica stems, if desired. French, \*Roquefort French (p. 465), Cream (p. 464), or Ginger French Dressing (p. 465).

2. Fill halves with finely cut celery and apple mixed with cream cheese thinned with cream. Sprinkle with chopped green pepper and garnish with watercress. French Dressing.\*



*Serve This Pear and Grape Salad with French Dressing*

3. Fill halves with chopped pecans, raisins, and celery cut fine. Mayonnaise\* or Cream Mayonnaise (p. 468).

4. Place pear halves, cut side down, on lettuce. Spread with cream cheese. Arrange halves of seeded, skinned Malaga grapes close together on cheese to represent bunch of grapes. Garnish. French Dressing.\*

\* French Dressing, p. 464. Mayonnaise, p. 468.

5. **Bunny Salad.** Invert halves of pear on bed of shredded lettuce, insert blanched almonds for the ears of the rabbit, cloves or pink candies for the eyes and nose. Use bit of marshmallow for tail. French Dressing.\*



*Two Pear Salads for Children*

6. **Sunbonnet Salad.** Invert half of pear on cup-shaped piece of lettuce having small end of pear on stem end of lettuce. Pin lettuce to pear with cloves on either side. Make face on pear with candies or cloves, or paint with vegetable color. Use strips of pimiento for bonnet strings. French Dressing.\*

## MIXED FRUIT SALADS

In selecting fruit to combine in a mixed fruit salad, it is desirable to provide contrast in color, texture, and flavor. Small, whole fruits, such as strawberries, raspberries, cherries, and grapes, add an attractive touch. The fruit may be mixed with the dressing and passed in a bowl or arranged in separate piles in a bowl or on a large plate with the dressing passed separately. French Dressing\* is always suitable, and many epicures insist it is the only one to use, but many other dressings are popular, especially if the salad is to be served as a dessert. The following are suggested:

\* French Dressing, p. 464. Mayonnaise, p. 468.

French Dressing, made with  
lemon juice, p. 464  
Cream French Dressing, p. 464  
Ginger French Dressing, p. 465  
Honey Dressing, p. 465  
Mint Dressing, p. 465  
Cumberland Dressing, p. 464  
French Fruit Dressing, p. 465  
Lakewood Dressing, p. 466  
Lime Dressing, p. 466

Nut Pascagoula Dressing, p. 466  
Pineapple Honey Dressing, p. 467  
Chinese Dressing, p. 468  
Cream Mayonnaise, p. 468  
Whipped Cream Dressing, p. 472  
Fruit Salad Dressing I, p. 471  
Fruit Salad Dressing II, p. 471  
Los Angeles Dressing, p. 471  
Tango Dressing, p. 472  
Maple Sirup Dressing, p. 471

### BRAZILIAN SALAD

$\frac{1}{2}$  cup white grapes, skinned,  
seeded, and cut in halves  
 $\frac{1}{2}$  cup crushed pineapple  
 $\frac{1}{2}$  cup apple, pared, cored, and  
cut in small pieces  
 $\frac{1}{2}$  cup celery, cut in small pieces

$\frac{1}{4}$  cup maraschino cherries,  
finely cut  
2 tablespoons chopped Brazil nuts  
Lemon juice  
Cream Mayonnaise (p. 468)  
Lettuce

Mix fruit, celery, and nuts. Season with lemon juice. Moisten with Cream Mayonnaise and serve on lettuce. *Serves 4.*

### FRENCH FRUIT SALAD

2 oranges  
3 bananas  
 $\frac{1}{2}$  pound Malaga grapes  
Cream Mayonnaise (p. 468)

$\frac{1}{4}$  cup nut meats  
1 head lettuce *or* romaine  
French Dressing\* *or*

Pare oranges and remove sections (p. 59). Peel bananas and cut in  $\frac{1}{4}$ -inch slices. Remove skins and seeds from grapes. Break nut meats in pieces. Mix all with dressing and arrange on salad green. *Serves 6.*

### LAKEWOOD FRUIT SALAD

1 grapefruit  
2 oranges  
 $\frac{3}{4}$  cup white grapes, skinned  
and seeded

$\frac{1}{3}$  cup pecan nut meats, broken  
in pieces  
Romaine *or* lettuce  
Lakewood French Dressing (p. 466)

Remove grapefruit and orange sections (p. 59). Add grapes and nuts. Arrange on salad green. Pour on dressing. *Serves 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

## HUNGARIAN FRUIT SALAD

|                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 cup crushed pineapple, drained | French Fruit Dressing (p. 465) or |
| 1 cup banana slices              | Cream Mayonnaise (p. 468)         |
| 1 cup tangerine sections         | Lettuce                           |

Mix fruit and dressing. Arrange on lettuce. Sprinkle with paprika or few gratings of nutmeg. *Serves 6.*

## MOUQUIN FRUIT SALAD

|                                                  |                                    |
|--------------------------------------------------|------------------------------------|
| 1 cup white grapes, peeled and seeded            | $\frac{1}{4}$ cup chopped pecan or |
| Canned pimiento                                  | pistachio nut meats                |
| $1\frac{1}{4}$ cups tangerine or orange sections | Lettuce, watercress                |
| $\frac{1}{4}$ pound cream cheese                 | French Dressing*                   |

Mash cream cheese, add nuts, and season with French Dressing. Make into balls about size of grapes. Stuff grapes with pimiento. Arrange fruit on lettuce. Garnish with watercress. Serve with French Dressing. *Serves 6.*

## MOLDED SALADS

Rinse molds in cold water. Shake but do not dry. Fill evenly with any salad in this section, pack down, and chill. Loosen around edge with spatula, invert, and tap mold. If salad sticks, wipe outside of mold with cloth wrung out of hot water.

**Individual Molds.** Serve on salad green. An attractive individual plate may be arranged with a small mold of a simple jelly (Tomato, Cucumber, or Grapefruit Jelly, etc.), a few stalks of endive dressed with French Dressing,\* a spray of watercress, and a lemon basket (p. 478) filled with Mayonnaise.\*

**Large Molds.** A large mold may be garnished with fruit or cooked vegetables cut with French vegetable cutter, bits of pimiento, or truffle, etc. A ring mold may be filled with salad dressing or another salad; Tomato Jelly (p. 492) with Chicken Salad (p. 504), Grapefruit Jelly (p. 492) with Mixed Fruit Salad (p. 488), Cucumber Jelly (p. 492) with Mixed Vegetable Salad (p. 479), or Salmon Salad (p. 507), Cranberry Jelly (p. 218) with Celery Salad (p. 479).

\* French Dressing, p. 464. Mayonnaise, p. 468.

**AVOCADO MOUSSE**

|                                  |                                                    |
|----------------------------------|----------------------------------------------------|
| 2 cups avocado pulp              | $\frac{1}{2}$ tablespoon gelatin, <i>soaked in</i> |
| 1 teaspoon salt                  | $\frac{1}{2}$ cup cold water                       |
| Few drops onion juice            | $\frac{1}{2}$ cup boiling water                    |
| 2 teaspoons Worcestershire sauce | $\frac{1}{2}$ cup heavy cream, whipped             |
| $\frac{1}{2}$ cup Mayonnaise*    |                                                    |

Mash avocado with silver fork, add salt, onion juice, and Worcestershire. Mix cream with Mayonnaise and add gelatin dissolved in boiling water and slightly cooled. Add avocado pulp and mold. Serve on lettuce with tomato wedges and Mayonnaise. *Serves 6.*

**CHERRY MOLD**

|                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 can black cherries (No. 2)        | 2 cups hot cherry juice          |
| 1 tablespoon gelatin                | $\frac{1}{2}$ pound cream cheese |
| $\frac{1}{4}$ cup cold cherry juice | Pineapple juice                  |

Sprinkle gelatin on cold juice, let stand 5 minutes, add hot juice, and strain over cherries, packed into ring mold. Chill until firm. Unmold. Beat cream cheese and thin with pineapple juice to consistency of whipped cream and pile in center. Garnish with watercress. Especially good with cold turkey. *Serves 6.*

**CRANBERRY JELLY SALAD I**

Mold Cranberry Jelly (p. 218) in cylindrical tin or use canned cranberry jelly. Slice 1 inch thick. Arrange on lettuce, scoop out centers to form rings. Fill with chopped apple and celery or other salad. Serve with Mayonnaise.\*

**CRANBERRY JELLY SALAD II**

Make 2 cups Cranberry Jelly (p. 218) or melt canned cranberry jelly. As mixture begins to thicken, fold in  $\frac{1}{2}$  cup finely cut apple or celery and  $\frac{1}{4}$  cup chopped nut meats. Mold. Chill. Serve on lettuce with Mayonnaise.\* *Serves 4 to 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.



**CUCUMBER JELLY SALAD**

|                                                                    |                          |
|--------------------------------------------------------------------|--------------------------|
| 2 large cucumbers                                                  | Few drops onion juice    |
| $\frac{1}{2}$ cup cold water                                       | 1 tablespoon vinegar     |
| $1\frac{1}{4}$ tablespoons granulated<br>gelatin, <i>soaked in</i> | Few grains cayenne       |
| $\frac{1}{2}$ cup cold water                                       | Salt and pepper to taste |
|                                                                    | Green vegetable coloring |

Peel and slice cucumbers, add cold water, and cook slowly until soft. Force through purée strainer. Add gelatin, onion juice, vinegar, cayenne, salt, and pepper. Color green, strain, and mold. *Serves 4.*

If desired, garnish with thin slices of cucumber shaped with small, round, fluted cutter. Arrange circular pieces of truffle on each. Arrange halved tomatoes around mold, each garnished with cucumber and truffle. Serve with Mayonnaise\* colored with Tomato Purée (p. 222).

**GRAPEFRUIT JELLY SALAD**

|                                                      |                                                |
|------------------------------------------------------|------------------------------------------------|
| $\frac{1}{3}$ cup sugar                              | 1 tablespoon lemon juice                       |
| $\frac{1}{3}$ cup water                              | Few grains salt                                |
| 1 tablespoon granulated<br>gelatin, <i>soaked in</i> | Lettuce                                        |
| 2 tablespoons cold water                             | Mayonnaise* <i>or</i>                          |
| $\frac{3}{4}$ cup grapefruit juice                   | French Dressing* made with<br>half lemon juice |

Boil sugar and water 3 minutes. Add soaked gelatin, fruit juices, and salt. Mold. Serve on lettuce with dressing. *Serves 4.*

Decorate with seasoned cream cheese forced through pastry bag and tube. Sprinkle with chopped walnut meats.

**TOMATO JELLY SALAD or TOMATO ASPIC**

|                                                              |                                                       |
|--------------------------------------------------------------|-------------------------------------------------------|
| 2 cups tomato juice <i>or</i> liquid<br>from canned tomatoes | $1\frac{1}{2}$ tablespoons lemon juice                |
| 1 tablespoon powdered sugar                                  | 2 tablespoons granulated gelatin,<br><i>soaked in</i> |
| $\frac{1}{2}$ teaspoon salt                                  | $\frac{1}{4}$ cup cold water                          |
| Bit of bay leaf                                              | Lettuce                                               |
| $\frac{1}{4}$ cup mild vinegar                               | Mayonnaise*                                           |

For a clearer jelly, use Jellied Mock Bouillon (p. 199) with 1 extra tablespoon gelatin.

Heat  $\frac{1}{2}$  cup tomato juice with sugar, salt, and bay leaf. Add soaked gelatin, stir until gelatin dissolves, and strain. Add remaining

\* French Dressing, p. 464. Mayonnaise, p. 468.

tomato juice, vinegar, and lemon juice. Fill 1-pint ring mold. Chill. Unmold. Fill ring with lettuce, Mayonnaise, Celery Salad (p. 479), or chopped hard-cooked egg and sliced raw mushroom caps mixed with Mayonnaise. *Serves 4.*

To suggest fresh tomatoes, mold in small cups. When firm, run knife around inside of molds so that surface will be rough.

**Perfection Salad.** As jelly begins to thicken, fold in  $1\frac{1}{2}$  teaspoons chopped onion,  $\frac{1}{2}$  cup shredded cabbage, celery, and  $1\frac{1}{2}$  table-spoons pimienta or green pepper, finely cut.

**With Anchovy Paste.** Fill mold half full. Let harden, spread with thin layer of anchovy paste, add remaining jelly, and chill.

**With Caviare.** Sprinkle caviare in mold before pouring in jelly.

### MOLDED RUSSIAN SALAD

Aspic Jelly (p. 495) *or*

Quick Aspic (p. 495)

Lettuce

Cold cooked vegetables,

cut in fancy shapes

Mayonnaise\*

Set individual molds in pan of ice water. Pour in aspic  $\frac{1}{4}$  inch deep. When firm, decorate bottom and sides of mold with vegetables. Add aspic, and when firm fill mold  $\frac{2}{3}$  full of vegetables. Add aspic to fill. Chill thoroughly. Unmold, arrange on lettuce. Serve with Mayonnaise.

### JELLIED VEGETABLE RING

1 tablespoon granulated

gelatin, *soaked in*

$\frac{1}{4}$  cup cold water

1 cup boiling water

$\frac{1}{4}$  cup sugar

$\frac{1}{4}$  cup vinegar

2 tablespoons lemon juice

1 teaspoon salt

1 cup celery, cut in small strips

$\frac{1}{2}$  cup shredded cabbage

$\frac{1}{3}$  cup cucumber cubes

$\frac{1}{4}$  cup cooked green peas

$\frac{1}{4}$  cup cooked beets, cut in fancy shapes

Horse-radish Cream Dressing (p. 472)

Watercress *or* lettuce

Dissolve soaked gelatin in boiling water. Add sugar, vinegar, lemon juice, and salt. Strain, cool, and when beginning to stiffen add vegetables. Turn into ring mold and chill. Unmold, fill center with dressing, and garnish with salad green. If desired, omit cucumber, peas, and beets and add  $1\frac{1}{2}$  canned pimientos, cut in small pieces. *Serves 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

## GINGER ALE FRUIT SALAD

- |                                                       |                                                                        |
|-------------------------------------------------------|------------------------------------------------------------------------|
| 2 tablespoons granulated gelatin,<br><i>soaked in</i> | 1 cup ginger ale                                                       |
| 2 tablespoons cold water                              | $\frac{1}{3}$ cup Malaga grapes, skinned,<br>seeded, and cut in halves |
| $\frac{1}{3}$ cup boiling water                       | $\frac{1}{3}$ cup celery, thinly sliced                                |
| $\frac{1}{4}$ cup lemon juice                         | $\frac{1}{3}$ cup apple, cored and cut in<br>Julienne-shaped pieces    |
| 2 tablespoons sugar                                   | $\frac{1}{4}$ cup pineapple cubes                                      |
| Few grains salt                                       |                                                                        |
| 2 tablespoons chopped candied ginger                  |                                                                        |

Dissolve soaked gelatin in boiling water. Add lemon juice, sugar, salt, and ginger ale. When mixture begins to set, fold in other ingredients. Turn into ring mold and chill. Unmold, garnish, fill center with Mayonnaise.\* Other combinations of fruit may be used with this ginger ale jelly foundation. *Serves 6.*

## PINEAPPLE AND CUCUMBER SALAD

- |                                                                    |                                   |
|--------------------------------------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup cucumber, pared,<br>chopped, and drained         | $\frac{1}{4}$ cup sugar           |
| $\frac{1}{2}$ cup crushed pineapple,<br>drained                    | $\frac{1}{4}$ cup vinegar         |
| $1\frac{1}{4}$ tablespoons granulated<br>gelatin, <i>soaked in</i> | $\frac{2}{3}$ cup pineapple juice |
| $\frac{1}{4}$ cup cold water <i>and dis-</i><br><i>solved in</i>   | 1 tablespoon tarragon<br>vinegar  |
| $\frac{1}{4}$ cup boiling water                                    | 1 tablespoon lemon juice          |
|                                                                    | Few grains salt                   |
|                                                                    | Lettuce                           |
|                                                                    | Mayonnaise*                       |

Combine sugar, vinegars, and fruit juices. Add salt. Heat to boiling point, add dissolved gelatin. Cool, add cucumber and pineapple. Mold, chill, remove from mold, and arrange on lettuce with Mayonnaise. One-fourth cup chopped celery and  $\frac{1}{4}$  cup chopped nuts may be used in place of cucumber. *Serves 4 to 6.*

## CHEESE SALAD MOLD

- |                                                           |                                 |
|-----------------------------------------------------------|---------------------------------|
| $\frac{1}{2}$ pound cream cheese                          | Milk or cream to moisten        |
| 1 tablespoon granulated gelatin,<br><i>soaked in</i>      | $\frac{1}{2}$ cup grated cheese |
| 1 tablespoon cold water <i>and</i><br><i>dissolved in</i> | 1 cup heavy cream, whipped      |
| 1 tablespoon boiling water                                | Salt                            |
|                                                           | Paprika                         |
|                                                           | Curry Dressing (p. 465)         |

Work cream cheese until smooth. Moisten with milk or cream. Add grated cheese, cream, and dissolved gelatin. Season highly.

\* French Dressing, p. 464. Mayonnaise, p. 468.

Turn into oiled border mold. Chill, unmold, arrange on lettuce, fill center with lettuce, and serve with Curry Dressing. *Serves 6.*

### ASPIC JELLY

|                  |                                       |                                                                            |
|------------------|---------------------------------------|----------------------------------------------------------------------------|
| Carrot           | } 2 tablespoons each,<br>cut in cubes | ½ teaspoon peppercorns                                                     |
| Onion            |                                       | 1 bay leaf                                                                 |
| Celery           |                                       | 4⅞ cups Veal <i>or</i> Brown Stock<br>(pp. 180 and 178) <i>or</i> consommé |
| 2 sprigs parsley |                                       | 4 tablespoons granulated gelatin                                           |
| 2 sprigs thyme   |                                       | Juice 1 lemon                                                              |
| 1 sprig savory   |                                       | 3 egg whites, slightly beaten                                              |
| 2 cloves         |                                       |                                                                            |

In making Aspic Jelly, use as much liquid as the pan which is to contain molded dish will hold, adding other ingredients in proportion. Use Veal or Chicken Stock, if the jelly is to be used for vegetables or white meat. Use Brown Stock for dark meat.

Put vegetables, seasonings, and ⅞ cup stock in saucepan; cook 20 minutes and strain, reserving liquid. Add gelatin to remaining stock, then add lemon juice and strained liquid. Season with salt and cayenne and add egg whites slowly to mixture, stirring constantly until boiling point is reached, and boil 2 minutes. Place over low heat and let stand 30 minutes. Strain through a fine wire strainer placed over a larger fine wire strainer lined with a double thickness of damp cheesecloth.

### QUICK ASPIC

|                                        |                          |
|----------------------------------------|--------------------------|
| 1 chicken bouillon cube                | 1 cup boiling water      |
| 1 tablespoon gelatin, <i>soaked in</i> | 1 tablespoon lemon juice |
| 2 tablespoons cold water               | Salt and pepper          |

Dissolve bouillon cube in water, add soaked gelatin, lemon juice, salt, and pepper. Strain through double thickness of damp cheesecloth. Aspic-flavored gelatin may be used. *Makes 1 cup.*

### EGG CUSTARD FOR DECORATING MOLD

|                               |                    |
|-------------------------------|--------------------|
| 2 egg yolks, beaten slightly  | 2 tablespoons milk |
| 2 egg whites, beaten slightly | Few grains salt    |

Add milk and salt to egg yolks. Strain into buttered cup, put in saucepan, surround with boiling water to half depth of cup, cover, cook over low heat until custard is firm. Cook whites in same way. Cool, cut in thin slices, then in fancy shapes.

**TOMATO ASPIC**

Use Jelried Mock Bouillon (p. 199) with 1 extra tablespoon gelatin.

**BIRDS IN ASPIC**

Clean, bone, stuff, and truss a bird (pp. 369, 373, 377). Steam over body bones or roast. If roasted, do not dredge with flour. Put a pan in ice water, cover bottom with Aspic Jelly mixture (p. 495), and when firm garnish with truffles and egg custard sliced thin and cut in fancy shapes. The smaller the shapes the more elaborate may be the designs. When garnished with small shapes, pieces are so difficult to handle that they should be taken on the pointed end of a larding needle and placed as desired on jelly. Add aspic mixture by spoonfuls, that designs may not be disturbed. Layer should be  $\frac{3}{4}$  inch deep. Chill until firm. Arrange bird on aspic, breast down. If sides of mold are to be decorated, dip pieces in jelly and they will cling to pan. Add remaining mixture gradually. Squabs, small chicken, capon, or turkey may be put in aspic. In stuffing boned chicken, stuff body, legs, and wings, being careful that too much stuffing is not used, as an allowance must be made for the swelling of cracker crumbs.

**Veal or Chicken Force meat for Stuffing Birds**

|                                       |                        |
|---------------------------------------|------------------------|
| 1 pound raw, lean veal <i>or</i> meat | Salt and pepper        |
| from breast and second                | Celery salt            |
| joints of uncooked chicken            | Cayenne                |
| $\frac{1}{2}$ cup cracker crumbs      | Lemon juice            |
| Hot stock <i>or</i> water             | 1 egg, slightly beaten |

Chop meat fine, add crumbs, stock or water to moisten, seasonings, and egg.

**EGGS IN ASPIC**

Arrange Stuffed Eggs (p. 123), highly seasoned with Worcestershire sauce, etc., in shallow serving dish. Pour over Aspic Jelly (p. 495), flavored with sherry to taste. Chill. Chopped mushrooms, crab meat, caviare, or ham, etc., may be added to stuffing. Serve from dish or turn out onto platter and garnish.



# CHAUD-FROID OF BONED CHICKEN

|                                             |                                |
|---------------------------------------------|--------------------------------|
| 1 chicken                                   | 1 cup Allemande Sauce (p. 226) |
| Veal Force meat (p. 173)                    | Aspic Jelly (p. 495) <i>or</i> |
| 1 teaspoon granulated gelatin,<br>soaked in | Quick Aspic (p. 495)           |
| 1 tablespoon cold water                     | Green pepper                   |
|                                             | Truffles                       |

Bone chicken (p. 373), and pull skin of wings and legs inside. Stuff with force meat, sew together, skewer, and tie. Steam gently 2½ to 3 hours. Chill thoroughly in refrigerator (6 hours). Add soaked gelatin to sauce. Cool and pour over chicken. Garnish with truffles cut in shapes and with bits of green pepper. When firm, cover carefully with aspic mixture and chill. Serve on lettuce with tomato cut in eighths, cold cooked asparagus tips, or celery cut in small pieces and marinated with French Dressing.\* Pour remaining aspic in mold. When firm, cut in cubes, and use as garnish. Cooked chicken shaped in cutlet forms may be served in same way. *Serves 6.*

**Suprême of Chicken, Kettner.** Use broilers, split, boned, and steamed or roasted. Do not stuff. Arrange on thin slices of boiled ham, cut to fit. Beside each broiler put 3 cooked asparagus tips. Pour over sauce as above, chill, and cover with aspic, etc. This dish may be prepared in a silver or china serving dish which may be brought to the table.

# CHAUD-FROID OF EGGS

|                                             |                                      |
|---------------------------------------------|--------------------------------------|
| 6 hard-cooked eggs                          | 2 tablespoons chopped, raw mushrooms |
| ½ cup cooked chicken, finely<br>chopped     | ½ tablespoon chopped truffles        |
| 2 tablespoons cooked ham,<br>finely chopped | Spanish Sauce (p. 229)               |
|                                             | Truffles cut for garnishing          |
|                                             | Aspic (p. 495)                       |
|                                             | Watercress                           |

Cut eggs in halves lengthwise. Remove yolks, rub through sieve, and add chicken, ham, mushrooms, and chopped truffle. Moisten with sauce and refill whites. Mask eggs with sauce, garnish with truffles. Brush over with aspic. Vary stuffing as desired, using chopped shrimp, crab meat, or lobster, and seasoning with anchovy essence, Worcestershire sauce, or other relish. *Serves 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

### STUFFED OLIVES IN ASPIC

Place small molds in pan of ice water and pour in Aspic Jelly mixture (p. 495)  $\frac{1}{4}$  inch deep. When firm, put a stuffed olive in each mold (keeping olives in place by means of small wooden skewers) and add aspic by spoonfuls until molds are filled. Chill thoroughly, remove to circular slices of liver sausage, garnish with green butter forced through a strainer, and red peppers cut in fancy shapes.

**Green Butter.** Mix yolk 1 hard-cooked egg, 2 tablespoons butter, 1 sprig parsley, 1 sprig tarragon, 1 small shallot,  $\frac{1}{2}$  teaspoon anchovy paste, 1 teaspoon capers, and 1 teaspoon chopped gherkins, and pound in a mortar; then rub through a very fine sieve. Season with salt and pepper and add a few drops vinegar.

### TOMATOES IN ASPIC

Peel 6 small firm tomatoes and remove pulp, having opening in tops as small as possible. Sprinkle insides with salt; invert and let stand 30 minutes. Fill with vegetable or chicken salad. Cover tops with Mayonnaise,\* to which has been added a small quantity dissolved gelatin, and garnish with capers and sliced pickles. Place a pan in ice water, cover bottom with Aspic Jelly (p. 495) mixture, let stand until firm. Arrange tomatoes on jelly, garnish side down. Add more Aspic Jelly mixture, let stand until firm, and so continue until all is used. Chill thoroughly, turn on a serving dish, and garnish around base with parsley. *Serves 6.*

### TONGUE IN ASPIC

Remove skin and roots from cooked tongue (p. 364). Run skewer through tip of tongue and fleshy part, thus keeping tongue in shape. When cool, remove skewer. Put a round pan in ice water, cover bottom with brown Aspic Jelly (p. 495), and when firm, decorate with cooked carrot, turnip, beet cut in fancy shapes, and parsley. Cover with Aspic Jelly mixture, adding it by spoonfuls so as not to disarrange vegetables. When this layer of mixture is firm, put in tongue, adding gradually remaining mixture, as in Tomatoes in Aspic. Tongue may be sliced and put in mold in layers. *Serves 6 to 8.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

## MOLDED CHICKEN

|                              |                                    |
|------------------------------|------------------------------------|
| 4-pound fowl                 | $\frac{1}{2}$ teaspoon peppercorns |
| 2 quarts cold water          | 1 tablespoon salt                  |
| 4 slices carrot              | 1 tablespoon granulated gelatin,   |
| 1 onion, stuck with 8 cloves | <i>soaked in</i>                   |
| 2 stalks celery              | $\frac{1}{4}$ cup cold water       |
| Bit of bay leaf              | Salt, pepper, celery salt          |
| Lemon juice and onion juice  |                                    |

Cover fowl with water, add carrot, onion, celery, bay leaf, peppercorns, and salt. Bring quickly to boiling point and simmer until meat is tender. Let chicken remain in stock until cool. Chop meat fine. Reduce stock to 2 cups, cool, remove fat, reheat, and add soaked gelatin. Add to meat and season. Pack solidly in buttered or oiled molds. Chill. Slice. Sauterne Jelly (p. 536), beaten with fork until light, is an attractive garnish. *Serves 6.*

**With Mushrooms.** Add  $\frac{1}{2}$  pound mushrooms, sliced and sautéed.

**Chicken Ring.** Pack in ring mold. Chill. Turn out on serving dish. Soak 2 cups Julienne-cut celery 30 minutes in ice water with a slice of lemon, drain, add  $\frac{1}{3}$  cup sliced walnut meats and  $\frac{3}{4}$  cup Cream Mayonnaise (p. 468) and heap in center.

## CHICKEN AND ALMOND MOUSSE

|                                  |                                               |
|----------------------------------|-----------------------------------------------|
| 1 cup hot Chicken Stock (p. 184) | 1 tablespoon cold water                       |
| 3 egg yolks, slightly beaten     | $\frac{1}{2}$ cup cooked chicken (white meat) |
| $\frac{1}{4}$ teaspoon salt      | $\frac{1}{2}$ cup blanched almonds            |
| $\frac{1}{4}$ teaspoon paprika   | 1 cup heavy cream, beaten until               |
| 1 tablespoon granulated gelatin, | stiff                                         |
| <i>soaked in</i>                 | Few grains cayenne                            |

Add salt and paprika to egg yolks. Add stock gradually. Cook over hot water until mixture thickens and add gelatin. When gelatin dissolves, strain and add to chicken and almonds, finely chopped, pounded, and forced through a sieve. Season highly with salt and cayenne. Set pan in ice water and stir until mixture begins to thicken; then fold in cream. Turn into mold and chill. *Serves 6.*

**COLD CHICKEN TIMBALES**

|                                                               |                                 |
|---------------------------------------------------------------|---------------------------------|
| $\frac{1}{2}$ tablespoon granulated gelatin, <i>soaked in</i> | 1 cup chopped, cooked chicken   |
| $1\frac{1}{2}$ tablespoons cold water                         | 1 cup cream, beaten until stiff |
| $\frac{3}{4}$ cup Chicken Stock (p. 184)                      | Cayenne                         |
|                                                               | Lettuce                         |

Dissolve soaked gelatin in Chicken Stock. Add chopped chicken, stir until mixture begins to thicken, and add cream. Season with cayenne and, if desired, cooking sherry. Mold, chill, and serve on lettuce. *Serves 6.*

**SPRING MOUSSE**

|                                                               |                                                        |
|---------------------------------------------------------------|--------------------------------------------------------|
| $\frac{3}{4}$ cup cold cooked chicken <i>or</i> veal          | Salt, cayenne                                          |
| 1 cup heavy cream                                             | Horse-radish powder <i>or</i> other seasoning to taste |
| $\frac{1}{2}$ tablespoon granulated gelatin, <i>soaked in</i> | Aspic (p. 495) <i>or</i> Lemon Jelly (p. 535)          |
| 3 tablespoons Chicken Stock (p. 184)                          |                                                        |
| Lettuce                                                       |                                                        |

Reduce sugar if using lemon jelly. Pound meat in mortar, adding gradually  $\frac{1}{2}$  cup cream. Dissolve gelatin over hot water and add to chicken with remaining cream and seasonings. Pour jelly into molds  $\frac{1}{3}$  inch deep. When firm, fill molds with meat mixture. Chill. Unmold, and serve on lettuce. *Serves 6.*

**LENOX CHICKEN**

|                                              |                                   |
|----------------------------------------------|-----------------------------------|
| 1 tablespoon granulated gelatin              | 1 teaspoon mustard                |
| $\frac{3}{4}$ cup hot Chicken Stock (p. 184) | $\frac{1}{4}$ teaspoon pepper     |
| $\frac{3}{4}$ cup cream                      | 2 tablespoons lemon juice         |
| $1\frac{1}{2}$ cups cooked chicken, diced    | 1 tablespoon vinegar              |
| $\frac{1}{2}$ tablespoon granulated gelatin  | $\frac{1}{2}$ cup hot cream       |
| 2 tablespoons cold water                     | $1\frac{1}{2}$ tablespoons butter |
| 2 egg yolks, slightly beaten                 | 2 egg whites, beaten stiff        |
| 1 teaspoon salt                              | $\frac{1}{2}$ cup cream           |
| $1\frac{1}{2}$ teaspoons sugar               | 2 cups finely chopped celery      |

Dissolve 1 tablespoon gelatin in Chicken Stock and strain. When mixture begins to thicken, beat until frothy and add  $\frac{3}{4}$  cup cream, beaten until stiff, and chicken dice. Season with salt and pepper, turn into individual molds, and chill. Soak remaining gelatin in cold water, dissolve by standing over hot water, then strain. Add salt, sugar, mustard, lemon juice, vinegar, and hot cream to egg yolks. Cook over hot water until mixture thickens, add butter and strained gelatin. Add mixture, gradually, to egg whites. When cool,

fold in cream, beaten until stiff, and celery. Remove chicken from mold, surround with sauce, and garnish with celery tips. *Serves 8 to 12.*

### MACÉDOINE OF CHICKEN, HAM, CRAB, ETC.

|                                         |                                |
|-----------------------------------------|--------------------------------|
| 3 tablespoons gelatin, <i>soaked in</i> | 1½ cups chopped, cold, cooked  |
| 3 tablespoons cold water                | chicken, crab meat, salmon,    |
| 3 cups hot Chicken Stock (p. 184)       | or ham                         |
| ¼ cup vinegar                           | Mayonnaise* or Cooked Dressing |
| Salt and cayenne                        | (p. 470)                       |
| 6 hard-cooked eggs                      | 1 cucumber, chopped            |

Dissolve gelatin in stock. Add vinegar and season highly with salt and cayenne. Put in center groove of melon mold 4 slices hard-cooked egg. Add stock to cover. Let stand until set, then add cucumber, rest of egg chopped, and chicken. Pour on remaining stock. Chill. Unmold, garnish with dressing. *Serves 6.*

### JELLIED CHICKEN, CRAB MEAT, or LOBSTER SALAD

|                                                              |                                                        |
|--------------------------------------------------------------|--------------------------------------------------------|
| 1 tablespoon granulated gelatin,<br><i>soaked in</i>         | 1 cup crab meat, lobster, or<br>chicken                |
| ¼ cup cold water                                             | ¼ cup chopped green pep-<br>per, pimientos, or stuffed |
| ½ cup celery, cut fine                                       | olives                                                 |
| ¾ cup Cooked Dressing (p. 470)<br>or Cream Dressing (p. 470) | Salt and paprika                                       |

Dissolve soaked gelatin over hot water and add to dressing. Fold in crab meat, lobster shredded, or chicken, cut fine, and celery. Add peppers, pimientos, or olives, or some of each. Season to taste. Mold and chill. *Serves 4.*

### CRABS RAVIGÔTE

|                             |                           |
|-----------------------------|---------------------------|
| 2 cups crab meat            | ½ teaspoon finely chopped |
| 1 teaspoon salt             | parsley                   |
| ⅛ teaspoon cayenne          | 1 hard-cooked egg, finely |
| 1 teaspoon prepared mustard | chopped                   |
| 1 tablespoon olive oil      | 3 tablespoons vinegar     |

Season crab meat with remaining ingredients, mix thoroughly, and arrange in 6 scallop shells; spread evenly with Ravigôte Mayonnaise (p. 468), and garnish with fillets of anchovies, arranged lattice fashion. *Serves 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.



**CRAB MEAT AND PINEAPPLE SALAD**

|                                                                 |                                                  |
|-----------------------------------------------------------------|--------------------------------------------------|
| 2 teaspoons granulated gelatin,<br><i>soaked in</i>             | $\frac{1}{2}$ cup Mayonnaise*                    |
| $\frac{1}{3}$ cup Chicken Stock (p. 184)<br>or grapefruit juice | $\frac{1}{2}$ cup grapefruit pulp                |
| 1 tablespoon tarragon vinegar                                   | $\frac{1}{2}$ cup pineapple, crushed or<br>cubed |
|                                                                 | 1 cup crab meat                                  |

Dissolve gelatin over hot water. Add vinegar and add slowly to Mayonnaise, beating thoroughly. Mix fruit and crab meat. Add to first mixture. Pack in oiled molds. Chill, unmold, and serve on lettuce. *Serves 6.*

**COLD HAM MOUSSE, EPICUREAN SAUCE**

|                                                   |                               |
|---------------------------------------------------|-------------------------------|
| 1 tablespoon granulated gelatin, <i>soaked in</i> | 1 teaspoon prepared mustard   |
| 1 tablespoon cold water                           | Few grains cayenne            |
| $\frac{1}{2}$ cup boiling water                   | $\frac{1}{2}$ cup heavy cream |
| 2 cups chopped, cold, boiled ham                  | Epicurean Sauce (p. 238)      |

Dissolve gelatin in boiling water and add to ham, which has been pounded in a mortar. Season with mustard and cayenne, add cream beaten until stiff, and turn into mold, first dipped in cold water. Chill, remove from mold, garnish with parsley, and serve with sauce. *Serves 6.*

**MACKEREL EN MAYONNAISE**

|                                    |                                 |
|------------------------------------|---------------------------------|
| 2 medium-sized mackerel, cleaned   | 1 teaspoon peppercorns          |
| $\frac{1}{3}$ cup water            | 1 teaspoon salt                 |
| $\frac{1}{3}$ cup cider vinegar    | Bit of bay leaf                 |
| $\frac{1}{3}$ cup tarragon vinegar | Mayonnaise*                     |
| 12 cloves                          | Sliced cucumbers, lemon baskets |
|                                    | Parsley                         |

Put mackerel in baking dish with water, vinegar, and seasonings. Cover with buttered paper and bake in moderate oven (350° F.).

Arrange on serving dish, skin, cool, and mask with Mayonnaise. Chill, garnish with parsley, cucumbers, and lemon baskets filled with Mayonnaise and sprinkled with chopped parsley. *Serves 6 to 8.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

**MOLDED SALMON, CUCUMBER SAUCE**

|                                           |                                                                  |
|-------------------------------------------|------------------------------------------------------------------|
| 2 cups salmon, cooked <i>or</i><br>canned | 2 egg yolks                                                      |
| $\frac{1}{2}$ tablespoon salt             | $1\frac{1}{2}$ tablespoons melted butter                         |
| $1\frac{1}{2}$ tablespoons sugar          | $\frac{3}{4}$ cup milk                                           |
| $\frac{1}{2}$ tablespoon flour            | $\frac{1}{4}$ cup vinegar                                        |
| 1 teaspoon mustard                        | $\frac{3}{4}$ tablespoon granulated gelatin,<br><i>soaked in</i> |
| Few grains cayenne                        | 2 tablespoons cold water                                         |

Rinse salmon thoroughly with hot water and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk, and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add soaked gelatin. Strain and add to salmon. Fill molds, chill, and serve with Cucumber Sauce II (p. 239). *Serves 6.*

**SALMON, MAYONNAISE**

|                        |                                          |
|------------------------|------------------------------------------|
| 3 slices salmon        | 1 sprig parsley                          |
| $\frac{1}{2}$ bay leaf | 1 teaspoon salt                          |
| 2 cloves               | $\frac{1}{4}$ teaspoon pepper            |
| 2 slices lemon         | $\frac{1}{4}$ cup vinegar                |
| 1 small onion, sliced  | $\frac{1}{4}$ cup white wine, if desired |
| 6 slices carrot        | Mayonnaise*                              |

Wipe salmon cut in 2-inch slices (each weighing  $\frac{2}{3}$  pound), put in pan, cover with cold water, and add seasonings. Let stand 2 or 3 hours; then cook slowly on top of stove until fish is tender. Take from pan, remove skin and bones, and press into shape or pack in oiled mold. Chill. Serve with Mayonnaise. *Serves 6 to 8.*

**Molded Salmon.** Soak 1 teaspoon gelatin in  $\frac{1}{2}$  tablespoon cold water, melt over hot water, and add to 1 cup Mayonnaise. Spread over fish. Let stand until set.

**FISH SALAD WITH CUCUMBER SAUCE**

|                                                                  |                                                      |
|------------------------------------------------------------------|------------------------------------------------------|
| $1\frac{1}{2}$ cups cold, flaked fish                            | Cream Dressing (p. 470)                              |
| Salt, cayenne, lemon juice                                       | $\frac{1}{2}$ cup heavy cream, beaten<br>until stiff |
| $\frac{1}{3}$ tablespoon granulated<br>gelatin, <i>soaked in</i> | Lettuce                                              |
| $1\frac{1}{2}$ tablespoons cold water                            | Cucumber Sauce (p. 239)                              |

Season fish with salt, cayenne, and lemon juice. Cover and let stand 1 hour. Dissolve soaked gelatin over hot water and add to dressing. When dressing begins to thicken, add cream and fold in fish. Mold, chill, unmold, and serve on lettuce with Cucumber Sauce. *Serves 4 to 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

### JELLIED SWEETBREAD AND CUCUMBER SALAD

|                                  |                                 |
|----------------------------------|---------------------------------|
| 1 sweetbread, parboiled (p. 360) | 1½ tablespoons boiling water    |
| with a bit of bay leaf, 1 slice  | 1½ tablespoons vinegar          |
| onion, and 1 blade mace          | ½ cup heavy cream, beaten stiff |
| ¼ tablespoon granulated gelatin, | Salt and paprika                |
| soaked in                        | Lettuce                         |
| ½ tablespoon cold water          | French Dressing*                |
| ¾ cup cucumber cubes             |                                 |

Dice sweetbread. Dissolve soaked gelatin in boiling water and add vinegar. Add to cream. Add sweetbread and cucumber. Season, mold, and chill. Serve on lettuce with French Dressing. *Serves 4.*

### CHICKEN SALAD

|                           |                              |
|---------------------------|------------------------------|
| 2 cups cooked chicken     | ¾ cup Chicken Salad Dressing |
| (boiled fowl, preferably) | (p. 470), Mayonnaise,* or    |
| Lettuce                   | Cream Mayonnaise (p. 468)    |

Remove skin and fat from meat and cut in cubes or strips. Use mostly white meat. Mix with dressing and arrange on lettuce in salad bowl. Garnish with celery tips and capers, if desired. *Serves 4.*

**Chicken and Celery Salad.** Use half diced celery.

**Chicken and Cucumber Salad.** Combine 1 cup chicken, 1 cucumber, pared and cubed, 1 cup chopped nut meats, and 1 cup small cooked or canned peas. *Serves 6.*

**Chicken Salad with Toasted Walnuts.** Marinate 1½ cups chicken, ½ cup toasted walnut meats broken in pieces, and ¾ cup celery, cut in small pieces. Arrange on lettuce and mask with Ravigôte Mayonnaise (p. 468). *Serves 6.*

### INDIVIDUAL CHICKEN SALADS IN ASPIC

Set individual molds in ice water. Put in thin layer of Aspic Jelly mixture (p. 495). When firm, decorate with yolks and whites of hard-cooked eggs, cooked as for Harlequin Slices (p. 170), and truffles cut in fancy shapes, or blanched and halved pistachio nuts. Cover carefully with aspic. Moisten finely chopped, cooked fowl with Mayonnaise,\* shape in balls, put ball in each mold, and add

\* French Dressing, p. 464. Mayonnaise, p. 468.

aspic to fill. Chill thoroughly. Arrange on lettuce and serve with Mayonnaise.

### CHICKEN AND ARTICHOKE SALAD

|                                                                  |                                                           |
|------------------------------------------------------------------|-----------------------------------------------------------|
| $\frac{1}{2}$ cup cooked chicken, sliced and cut in tiny squares | 2 tablespoons truffle, cut in small pieces                |
| Chutney Mayonnaise (p. 468)                                      | $\frac{1}{2}$ cup cold, boiled potatoes, cut like chicken |
| $\frac{1}{2}$ cup artichoke bottoms, cut like chicken            | 6 Cucumber Cups (p. 481)                                  |
| Lettuce                                                          |                                                           |

Mix chicken, potatoes, artichokes, and truffle with Mayonnaise. Serve in cucumber cups on lettuce. *Serves 6.*

### CHICKEN SALAD WITH CHESTNUTS

|                                        |                               |
|----------------------------------------|-------------------------------|
| 1 cup cooked chicken, diced            | 1 red pepper (seeds removed)  |
| 1 cup boiled French chestnuts (p. 437) | or 1 pimiento, finely chopped |
| 1 cup celery, cut in small pieces      | Mayonnaise*                   |

Marinate chicken and chestnuts. Add celery and pepper and mix with Mayonnaise. *Serves 6.*

### CRAB MEAT SALAD

|                                               |             |
|-----------------------------------------------|-------------|
| 1 cup flaked crab meat                        | Mayonnaise* |
| $\frac{2}{3}$ cup celery, cut in small pieces | Lettuce     |

Moisten crab meat and celery with Mayonnaise. Arrange on lettuce or in avocado halves and garnish. *Serves 4.*

**Crab Meat and Tomato Salad.** Add 6 small tomatoes, peeled, chilled, and quartered. *Serves 6.*

### STUFFED EGG SALAD

Cut hard-cooked eggs in halves, lengthwise. Remove yolks, mash, and season with French Dressing,\* Mayonnaise,\* or Cooked Dressing (p. 470). Refill whites, using spoon, or force through pastry bag and tube into whites. Serve on lettuce with dressing.

**Stuffed Egg and Chicken Salad.** Add to yolks equal amount of finely chopped cooked chicken. Add salad dressing.

\* French Dressing, p. 464. Mayonnaise, p. 468.

**PIQUANT EGG SALAD**

|                                                 |                                               |
|-------------------------------------------------|-----------------------------------------------|
| 3 hard-cooked eggs                              | 6 thick slices tomato                         |
| Cream Dressing (p. 470)                         | Lettuce                                       |
| $\frac{1}{3}$ cup cucumber cubes                | Watercress                                    |
| 2 tablespoons chopped sweet<br>cucumber pickles | Pickle cut in diamond shape<br>for garnishing |

Cut eggs in half, crosswise. Remove yolks, cut thin slice from each end of whites to make cup that will stand upright. Mash yolks, moisten with dressing. Mix cucumber and pickles with dressing and fill cups. Garnish with yolk mixture forced through pastry bag and rose tube. Arrange tomato slices on lettuce and place egg cup on each. Garnish with watercress and pickle. *Serves 6.*

**HERRING SALAD**

|                                                                |                                                      |
|----------------------------------------------------------------|------------------------------------------------------|
| 1 cup cooked salt herring, flaked                              | $\frac{1}{4}$ cup heavy cream, beaten<br>until stiff |
| 1 cup cold, boiled potato, cubed                               | 2 tablespoons Pimiento Purée<br>(p. 222)             |
| $\frac{1}{4}$ cup finely chopped whites of<br>hard-cooked eggs | $\frac{1}{2}$ cup Mayonnaise*                        |
| French Dressing*                                               | Lettuce                                              |

Mix herring, potato, and egg. Marinate and chill 1 hour. Add Pimiento Purée to cream, add Mayonnaise, and use to moisten herring mixture. Serve on lettuce. *Serves 6.*

**LOBSTER SALAD**

|                                                       |                              |
|-------------------------------------------------------|------------------------------|
| Meat from 2-pound lobster, boiled, <i>or</i>          | 1 to 2 cups celery, cut fine |
| 2 cups lobster meat, fresh boiled <i>or</i><br>canned | 1 cup Mayonnaise*            |
|                                                       | Lettuce                      |

Cut lobster meat in  $\frac{1}{2}$ -inch cubes, marinate, and mix with celery. Add Mayonnaise and serve on lettuce. *Serves 4 to 6.*

**To Remove Lobster Meat from Shell.** Remove large claws and cut through the body shell, beginning on the inside of tail end and cutting through entire length of tail and body. Open lobster, remove tail meat, liver, and coral. Discard intestinal vein, stomach, and fat. If salad is to be served in shell, wipe thoroughly with cloth wrung out of cold water. Remove claw meat, keeping shells in shape to use as garnish.

\* French Dressing, p. 464. Mayonnaise, p. 468.



**To Serve in Lobster Shell.** Refill tail and body with salad. Mask with Mayonnaise.\* If desired, mix liver and coral, rub through sieve, add 1 tablespoon Mayonnaise and a few drops of anchovy essence, then enough more Mayonnaise to cover top of salad; mask with this instead of plain Mayonnaise. Arrange lobster on bed of lettuce and garnish with lines of paprika.

### SALMON *or* TUNA SALAD

Mix flaked, cooked or canned fish with French Dressing,\* Mayonnaise,\* or Cream Dressing (p. 470). Add diced cucumber or finely cut celery if desired. Serve on salad green, garnished with yolk of hard-cooked egg forced through strainer and egg white cut in strips. If desired, mask fish with Mayonnaise.

### SARDINE SALAD

Remove skin and bones from sardines and mix with an equal quantity of the masked yolks of hard-cooked eggs. Arrange in nests of lettuce leaves and serve with Mayonnaise.\*

### SHRIMP SALAD

|                                  |                                  |
|----------------------------------|----------------------------------|
| Shrimps, boiled <i>or</i> canned | Whole shrimps, capers, and quar- |
| Cream Dressing (p. 470)          | tered olives for garnishing      |
|                                  | Lettuce                          |

Drain and dry shrimps. Remove black line. Break in pieces. Moisten with dressing, arrange on lettuce or in avocado halves. Put spoonful of dressing on each salad. Garnish.

### SARDINE SALAD LOAF

|                        |                             |
|------------------------|-----------------------------|
| 1 large tin sardines   | Stiff Mayonnaise*           |
| 4 hard-cooked eggs     | 1 small loaf sandwich bread |
| ½ cup shredded lettuce | ½ cup butter                |
|                        | Pickle, truffle             |

Remove skins and bones from sardines, reserving one. Slice 1 egg, chop others, and add to sardines with lettuce and Mayonnaise to moisten. Arrange bread as for Salad Sandwich Loaf (p. 508), put mixture between slices of bread. Spread entire outside with Mayonnaise. Garnish with sardine, sliced egg, pickle, and truffle. *Serves 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

**SALAD SANDWICH LOAF**

- |                                    |                                                  |
|------------------------------------|--------------------------------------------------|
| 1 small loaf sandwich bread        | 3 cups salad (chicken <i>or</i> vegetable, etc.) |
| ½ cup butter                       | Lettuce                                          |
| Mayonnaise* <i>or</i> cream cheese |                                                  |

Remove crusts from bread and cut in 4 slices lengthwise. Cream butter and spread 2 slices on both sides, top and bottom slice on one side only. On bottom slice, buttered side up, arrange layer of lettuce and salad. Cover with slice buttered on both sides. Arrange another salad layer. Repeat and put on top slice, buttered side down. Press under light weight. Spread surface with Mayonnaise or cream cheese, mashed and moistened with cream or salad dressing. Garnish as desired. Cut in 1-inch slices for serving.

One salad may be used for all layers, or a combination, such as Vegetable Salad and Chicken Salad, may be used. *Serves 6.*

**SWEETBREAD SALAD**

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 cup sweetbread, parboiled       | Cream Dressing (p. 470) <i>or</i> |
| (p. 360) and cubed                | Whipped Cream Dressing            |
| 1 cup finely cut celery <i>or</i> | (p. 472)                          |
| cucumber, diced                   | Lettuce                           |

Mix sweetbread and celery or cucumber. Add dressing. Serve on lettuce. *Serves 4.*

**FROZEN SALADS**

**To Freeze.** Pack in oiled mold or individual molds, and seal tightly. Pack molds in equal parts ice and salt and let stand until firm (about 4 hours), or pack in drawer of mechanical refrigerator and let stand until frozen. Do not freeze so long that fruit is frozen.

**FROZEN FRUIT SALAD I**

- |                                           |                                       |
|-------------------------------------------|---------------------------------------|
| 2 cups fruit, fresh <i>or</i> canned,     | ⅓ cup Mayonnaise*                     |
| cut in small pieces                       | ⅔ cup heavy cream, beaten until thick |
| 1 teaspoon gelatin, <i>soaked in</i>      | Salt, paprika, powdered sugar         |
| 3 tablespoons fruit sirup <i>or</i> juice | Lettuce                               |
| French Dressing* <i>or</i> Mayonnaise*    |                                       |

Dissolve soaked gelatin over hot water. Add slowly to Mayonnaise. Beat in cream. Fold in fruit. Season to taste. Freeze. *Serves 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

**FROZEN FRUIT SALAD II**

|                            |                                            |
|----------------------------|--------------------------------------------|
| 5 oranges, in small pieces | $\frac{1}{2}$ cup maraschino cherries, cut |
| 5 bananas, sliced          | in pieces                                  |
| 1 cup diced pineapple      | 1 cup Cooked Dressing (p. 470)             |
| 1 cup whipped cream        | Lettuce                                    |

Add cream to dressing. Add fruit, mix gently. Freeze. *Serves 6.*

**FROZEN FRUIT SALAD III**

|                                   |                                        |
|-----------------------------------|----------------------------------------|
| $\frac{1}{2}$ cup grapefruit pulp | $\frac{1}{2}$ cup chopped almonds      |
| 1 cup mixed, canned fruit         | $\frac{1}{2}$ cup Mayonnaise*          |
| $\frac{1}{2}$ cup diced celery    | $\frac{3}{4}$ cup heavy cream, whipped |
| $\frac{1}{2}$ cup sliced dates    |                                        |

Drain fruit thoroughly, cut in small pieces, combine with celery and almonds. Add cream to Mayonnaise, fold in first mixture. Freeze. *Serves 6.*

**FROZEN PEAR SALAD**

Pack large can of Bartlett pears in ice and salt. Let stand 4 hours. Or remove from can and freeze fruit and juice in drawer of mechanical refrigerator. Slice or cut in squares and serve on lettuce. Sprinkle with paprika. Garnish with cherries and cream cheese rosettes. Serve with French Dressing\* or Cream Mayonnaise (p. 468). *Serves 6.*

**FROZEN TOMATO CREAM SALAD**

|                                       |                                      |
|---------------------------------------|--------------------------------------|
| 2 cups canned tomato                  | 2 tablespoons sugar                  |
| 6 peppercorns                         | 1 teaspoon salt                      |
| Bay leaf                              | 1 slice onion                        |
| 2 cloves                              | $\frac{1}{2}$ tablespoon lemon juice |
| $\frac{1}{2}$ cup cream, beaten stiff |                                      |

Cook all but cream 10 minutes. Rub through sieve. Freeze to mush, add cream. Pack in salt and ice or in drawer of mechanical refrigerator and leave  $1\frac{1}{2}$  hours. Serve on lettuce with Mayonnaise.\* *Serves 6.*

\* French Dressing, p. 464. Mayonnaise, p. 468.

## CHAPTER 25

### *Desserts*

#### SOFT or BOILED CUSTARD

|                                                   |                             |
|---------------------------------------------------|-----------------------------|
| 2 cups scalded milk                               | $\frac{1}{4}$ cup sugar     |
| 3 eggs or 6 egg yolks                             | $\frac{1}{8}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon vanilla or sherry to taste |                             |

(If to be used as sauce, use only 3 egg yolks or 1 egg and 1 yolk.)

Beat eggs slightly with fork, add sugar and salt. Brown sugar gives a delicious flavor. Add milk gradually, stirring constantly. Cook and stir in double boiler over hot, not boiling, water until mixture coats the spoon (about 7 minutes). Strain, chill, and flavor. *Serves 4.*

If custard curdles from overcooking, beat with egg beater to restore smoothness (custard will be less thick).

**Floating Island.** Serve topped with spoonful of whipped cream or beaten egg white flavored with powdered sugar and vanilla or cocoa.

**Coconut Custard.** Pour into baking dish. Beat 3 egg whites until stiff, fold in  $\frac{1}{2}$  cup sugar and  $\frac{3}{4}$  cup coconut; spread over custard. Brown lightly in slow oven (300° F.). Chill.

**Tipsy Pudding.** Flavor with sherry. Pour over slices of stale sponge cake. Chill. Cover with whipped cream, if desired.

**Fruit Trifle** (Peach, Banana, or Orange Custard). Slice fruit into bowl. Pour over custard. Alternate layers of fruit and stale cake may be used. Chill. Cover with Meringue (p. 600) if desired.

**Chocolate Pôts de Crème.** Make as above but scald 2 squares chocolate with milk. Pour into small bowls or pots. Sprinkle with macaroon crumbs, if desired. Chill. Serve with heavy cream.

#### BAKED CUSTARD

|                       |                             |
|-----------------------|-----------------------------|
| 3 cups scalded milk   | $\frac{1}{2}$ cup sugar     |
| 3 eggs or 6 egg yolks | $\frac{1}{4}$ teaspoon salt |

Beat eggs slightly, add sugar and salt, and slowly pour on scalded milk. Strain into buttered custard cups, set in pan of hot water

lined with several thicknesses of paper, sprinkle plain custard with few grains nutmeg, and bake in moderate oven (350° F.) until firm. To test, insert knife in custard; if knife comes out clean, custard is done. During baking, care must be taken that water surrounding mold does not reach boiling point, or custard will whey.

For large molded custard, use 5 eggs; if fewer eggs are used, custard may crack when turned on serving dish. Replace 1 tablespoon milk by 1 tablespoon evaporated milk to make custard cut perfectly. *Serves 6.*

**Chocolate Custard.** Scald 1½ squares chocolate with milk.

**Coconut Custard.** Add ½ cup shredded coconut to mixture.

**Coffee Custard.** Scald 2 tablespoons ground coffee with milk. Strain. Proceed as for Baked Custard.

**Ginger Custard.** Flavor with vanilla or 2 tablespoons rum. Garnish sides of molds with thin strips of Canton ginger before pouring in custard.

**Maple Custard.** Use ¾ cup maple sirup and omit sugar.

**Rice Custard.** Save egg whites for meringue. Add 1 cup cooked rice and grated rind ½ lemon. Bake. Top with Sweet Meringue (p. 600) and bake until brown.

## CARAMEL CUSTARD

|                               |                              |
|-------------------------------|------------------------------|
| 3 cups scalded milk <i>or</i> | 6 egg yolks <i>or</i> 3 eggs |
| 2½ cups milk and ½ cup        | ¾ cup sugar                  |
| strong coffee                 | ¼ teaspoon salt              |
| 1 teaspoon vanilla            |                              |

Caramelize ½ cup sugar (p. 9), add slowly to scalded milk or milk and coffee, and stir carefully until melted. Proceed as for Baked Custard, above. If liked, serve cold with Caramel Sauce (p. 585).

**Danish Caramel Custard.** Place ½ cup sugar in heat-proof baking dish. Set over heat until sugar melts and browns. Then set dish at once in large pan of cold water to stop the cooking and let stand about 1 minute, turning the pan to allow the caramel to coat sides as well as bottom. Mix other ingredients and strain into baking dish. Bake like Baked Custard.



**BAKED FRENCH CUSTARD**

|                   |                                |
|-------------------|--------------------------------|
| 1 pint thin cream | 2 tablespoons sugar            |
| 3 egg whites      | $\frac{1}{2}$ teaspoon vanilla |
|                   | $\frac{1}{4}$ teaspoon salt    |

Heat cream in double boiler. Beat egg whites until stiff and add sugar, vanilla, and salt. Add mixture to cream and beat, using egg beater. Bake like Baked Custard. *Serves 4.*

**WINE CREAM**

|                                           |                                  |
|-------------------------------------------|----------------------------------|
| $\frac{1}{3}$ cup sugar                   | 2 egg yolks                      |
| Grated rind and juice $\frac{1}{2}$ lemon | 2 egg whites, beaten until stiff |
| $\frac{1}{4}$ cup sherry                  |                                  |

Mix sugar, lemon rind and juice, and egg yolks. Add wine. Cook over hot water in heavy bowl until thick and frothy, stirring constantly with wire whisk. Pour over egg whites and beat until thoroughly blended. Pour over sponge cake or lady fingers.

**ZABAGLIONE**

|             |                              |
|-------------|------------------------------|
| 4 egg yolks | 2 tablespoons Marsala wine   |
|             | 2 tablespoons powdered sugar |

Beat egg yolks with sugar until thick and lemon-colored. Put in heavy, round-bottomed bowl and set over hot water. Beat constantly with electric beater or rotary hand beater, adding wine little by little, until mixture is beginning to hold its shape but still is smooth. Mixture should not cook too long or crust will form on bowl. If this happens, pour out without scraping bowl.

Remove from heat and pile immediately into thick cups or dessert glasses, heated. Serve warm or very cold with simple wafers, not very rich or sweet. *Serves 2 or 3.*

**With Pears.** Peel firm, slightly underripe pears. Leave on stems. Steam until tender but still firm. Arrange on large serving platter. Pour over Zabaglione and chill until ice-cold. If fresh pears are not available, use whole canned pears, thoroughly drained.

**Iced.** Sprinkle 1 tablespoon gelatin over  $\frac{1}{4}$  cup cold water and let stand. Make double recipe of Zabaglione. When done, remove from heat and stir in gelatin. Beat thoroughly and pour into serving bowl. Set in bowl of cracked ice, chill, and serve. If desired, add 1 tablespoon, each, cognac and maraschino.



*A Salamander Puts the Proper Glaze on Crème Brûlée*

### CRÈME BRÛLÉE

2 cups heavy cream

4 eggs, slightly beaten

Brown sugar (about  $\frac{1}{2}$  cup)

$\frac{1}{4}$  teaspoon salt

Scald cream. Mix eggs,  $\frac{1}{4}$  cup sugar, and salt. Add cream slowly. Return to double boiler and cook 5 minutes or until mixture coats spoon, beating constantly with electric beater or rotary beater. Avoid overcooking. Pour into serving bowl. Chill several hours. Sprinkle evenly with remaining sugar, sifted free from lumps. Glaze. Chill.

**To Glaze with Salamander.** Heat salamander slowly over gas flame (about 30 minutes). Starting at edge, move salamander about just above surface until sugar has browned and melted into a thin even glaze.

**To Glaze under Broiler.** Set under broiler in cold oven. Turn on gas or electricity and melt sugar layer, turning dish as necessary to make even glaze.

**BIEN ME SABE**  
**(Puerto Rico Coconut Cream)**

|             |                         |
|-------------|-------------------------|
| 4 egg yolks | $\frac{3}{4}$ cup sugar |
| 1 coconut   | $\frac{1}{4}$ cup water |
| Sponge cake |                         |

Drain milk from coconut and grate meat. Heat milk and grated coconut in double boiler for  $\frac{1}{2}$  hour and squeeze through linen; there should be 1 cup of coconut cream. Beat eggs until thick and lemon-colored and beat in coconut cream. Cook sugar and water 5 minutes and add slowly to egg-yolk mixture. Cook over hot water, stirring with wooden spoon, until thickened. Pour into bowl and cool slowly. If desired, flavor with rum. Serve over sponge cake squares. *Serves 6 to 8.*

**CARAMEL RENNET-CUSTARD**

|                                 |                          |
|---------------------------------|--------------------------|
| 2 cups milk                     | Few grains salt          |
| $\frac{1}{8}$ cup sugar         | 1 teaspoon vanilla       |
| $\frac{1}{8}$ cup boiling water | Whipped cream, sweetened |
| 1 household rennet tablet       | and flavored             |
| Chopped nut meats               |                          |

Caramelize sugar (p. 9), add boiling water, and cook until sirup is reduced to about  $\frac{1}{3}$  cup, and golden brown. Cool to lukewarm. Heat milk until lukewarm and add slowly to sirup. Add salt and vanilla, and rennet tablet, previously dissolved in tablespoon cold water. Let stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts. *Serves 4.*

**CORNSTARCH PUDDING or BLANCMANGE**

|                                  |                             |
|----------------------------------|-----------------------------|
| 2 cups scalded milk              | $\frac{1}{4}$ teaspoon salt |
| 3 tablespoons cornstarch         | $\frac{1}{4}$ cup cold milk |
| $\frac{1}{4}$ cup sugar          | 1 teaspoon vanilla          |
| 2 egg whites, beaten until stiff |                             |

Mix cornstarch, sugar, and salt, add cold milk, stir until smooth and add to scalded milk. Cook 15 minutes in double boiler, stirring constantly until mixture thickens, afterwards occasionally. Cool slightly. Add flavoring and egg whites, mix thoroughly, mold, chill, and serve with Yellow Sauce (p. 595) or Chocolate Sauce (p. 585). *Serves 4 to 6.*

**Chocolate Cream.** Scald milk with 2 squares unsweetened chocolate. Beat until smooth. Serve with cream, plain or whipped, or fold in  $\frac{1}{2}$  cup heavy cream, whipped.

**Coconut Pudding.** Add  $\frac{1}{2}$  cup shredded coconut to scalded milk.

**Butterscotch Pudding.** Omit white sugar. Melt 1 tablespoon butter, add 1 cup brown sugar, cook and stir until sugar melts. Add slowly to hot milk and stir until well blended.

**Pineapple Pudding.** Just before molding, add  $\frac{3}{4}$  cup crushed pineapple.

### FIG CUSTARD

|                              |                                        |
|------------------------------|----------------------------------------|
| 1 quart milk                 | $\frac{1}{2}$ pound figs               |
| 2 tablespoons cornstarch     | $\frac{1}{4}$ cup boiling water        |
| $\frac{3}{4}$ cup sugar      | $\frac{1}{4}$ cup sugar                |
| $\frac{1}{4}$ teaspoon salt  | $1\frac{1}{2}$ tablespoons lemon juice |
| 3 egg yolks                  | 3 egg whites                           |
| 3 tablespoons powdered sugar |                                        |

Scald milk. Mix cornstarch, sugar, and salt. Pour on gradually scalded milk and cook in double boiler 20 minutes. Add egg yolks, slightly beaten, stir and cook 3 minutes.

Cut figs in small pieces, put in double boiler, add water, sugar, and 1 tablespoon lemon juice, and cook until figs are soft. Combine mixtures and cool; then turn into serving dish. Beat egg whites until stiff and add powdered sugar gradually, while beating constantly; then add  $\frac{1}{2}$  tablespoon lemon juice. Pile by spoonfuls over pudding, just before serving. *Serves 6.*

### MAPLE NUT PUDDING

|                                 |                                        |
|---------------------------------|----------------------------------------|
| $1\frac{1}{2}$ cups brown sugar | $\frac{1}{4}$ cup cold water           |
| 2 cups boiling water            | 3 egg whites, beaten until stiff       |
| $\frac{1}{3}$ cup cornstarch    | $\frac{1}{2}$ cup English walnut meats |
| Few grains salt                 |                                        |

To sugar add boiling water and cornstarch mixed with cold water. Cook over flame until mixture thickens, stirring constantly; then cook in double boiler 20 minutes, stirring occasionally. Remove from range and add egg whites, nut meats broken in small pieces, and salt. Mold and chill. Serve with Soft Custard (p. 510) or cream. *Serves 6.*

## TAPIOCA CREAM

|                                         |                 |
|-----------------------------------------|-----------------|
| 1½ tablespoons quick-cooking<br>tapioca | 2 eggs          |
| 2 cups scalded milk                     | ⅓ cup sugar     |
| 1 teaspoon vanilla                      | ¼ teaspoon salt |

Cook tapioca in milk in double boiler until clear. Add half the sugar to milk and remainder to egg yolks slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture; return to double boiler, stir, and cook until it thickens. Cool and flavor. Fold in egg whites beaten stiff. For a richer dessert, fold in ½ cup heavy cream, beaten stiff. *Serves 4 to 6.*

**With Pearl Tapioca.** Use ¼ cup. Soak 1 hour in cold water to cover and drain.

**Tapioca Custard.** Add whole eggs, slightly beaten. Add 1 tablespoon butter. Bake in buttered dish in pan of hot water in moderately slow oven (325° F.).

**Chocolate Tapioca.** Scald 1 square unsweetened chocolate with milk or mix ¼ cup cocoa with the sugar. If desired, double the amount of tapioca and omit eggs.

**Coconut Tapioca.** Add ¼ cup shredded coconut to milk. Instead of folding in egg whites, pour pudding into buttered baking dish, fold ½ cup sugar into egg whites, beaten stiff, pile on top and bake 15 minutes in slow oven (300° F.).

**Coffee Tapioca Cream.** Scald 2 tablespoons coffee with milk. Strain and proceed as above.

**Butterscotch Tapioca.** Omit white sugar. Melt 1 tablespoon butter, add ½ cup brown sugar, cook until brown, and add to tapioca and milk. Proceed as above. When done, fold in ½ cup peanuts, skinned and chopped, or 1 cup dates, chopped.

## COFFEE TAPIOCA

|                                       |                             |
|---------------------------------------|-----------------------------|
| 4 cups boiled or percolated<br>coffee | ½ cup quick-cooking tapioca |
|                                       | ½ cup sugar                 |

Cook 15 minutes. Mold. Chill. Serve with cream, plain or whipped. *Serves 6 to 8.*



## NEWTON TAPIOCA

|                                         |                               |
|-----------------------------------------|-------------------------------|
| $\frac{1}{4}$ cup quick-cooking tapioca | $\frac{3}{4}$ cup molasses    |
| 1 quart scalded milk                    | 3 tablespoons butter          |
| 4 tablespoons corn meal                 | $1\frac{1}{2}$ teaspoons salt |
| 1 cup cold milk                         |                               |

Pour scalded milk over corn meal. Add tapioca, molasses, butter, and salt and cook in double boiler 20 minutes. Turn into buttered pudding dish and pour over remaining milk, but do not stir. Bake  $1\frac{1}{4}$  hours, beginning with hot oven ( $450^{\circ}$  F.) and reducing heat to moderate ( $350^{\circ}$  F.) when wheyed. *Serves 6 to 8.*

## APPLE TAPIOCA

|                                         |                         |
|-----------------------------------------|-------------------------|
| $\frac{1}{2}$ cup quick-cooking tapioca | 7 sour apples           |
| $2\frac{1}{2}$ cups boiling water       | $\frac{1}{2}$ cup sugar |
| $\frac{1}{8}$ teaspoon salt             |                         |

Add tapioca to boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca. Bake in moderate oven ( $350^{\circ}$  F.) until apples are soft. Serve with sugar and cream or whipped cream. *Serves 6.*

**Peach Tapioca.** Replace part of boiling water with sirup from canned peaches. Heat to boiling point before adding tapioca. Sprinkle drained peaches (2 cups) with  $\frac{1}{4}$  cup powdered sugar, let stand 1 hour, quarter, and arrange in baking dish.

## RHUBARB TAPIOCA PUDDING

|                                         |                           |
|-----------------------------------------|---------------------------|
| $\frac{1}{3}$ cup quick-cooking tapioca | 3 cups rhubarb            |
| $1\frac{1}{4}$ cups boiling water       | $1\frac{1}{2}$ cups sugar |
| $\frac{2}{8}$ teaspoon salt             |                           |

Put tapioca in double boiler, add boiling water and salt; cook until tapioca has absorbed water. Peel rhubarb, cut in  $\frac{3}{4}$ -inch pieces crosswise, and sprinkle with sugar. Add to tapioca; cook until tapioca is transparent and rhubarb soft. Serve with sugar and thin cream. *Serves 6 to 8.*

**RICE PUDDING**

|                             |                         |
|-----------------------------|-------------------------|
| 1 cup cooked rice           | 1 or 2 eggs             |
| 2 cups milk                 | $\frac{1}{2}$ cup sugar |
| $\frac{1}{4}$ teaspoon salt |                         |

Scald milk with rice. Beat egg yolks with sugar. Add hot mixture slowly. Cook in double boiler until thick and fold in egg whites, beaten stiff. Flavor with  $\frac{1}{2}$  teaspoon vanilla or grated rind and juice of  $\frac{1}{2}$  lemon. Or reserve egg whites, beat with 2 tablespoons powdered sugar and  $\frac{1}{2}$  teaspoon lemon extract or vanilla, and spread over pudding in baking dish: bake in moderate oven (350° F.). *Serves 4 to 6.*

**Pear or Peach Condé.** Omit egg whites. Mound on serving dish. Cook canned peach or pear halves in their own sirup (sweetened to taste) until soft and arrange around rice. Sprinkle with finely chopped ginger. Serve hot.

**BAKED RICE PUDDING**

|                                 |                             |
|---------------------------------|-----------------------------|
| 4 cups milk                     | $\frac{1}{2}$ teaspoon salt |
| 3 tablespoons rice              | $\frac{2}{3}$ cup sugar     |
| Grated rind $\frac{1}{2}$ lemon | or dash of nutmeg           |

Wash rice, mix ingredients, pour into buttered pudding dish, and bake 3 hours in slow oven (325° F.), stirring 3 times during first hour of baking to prevent rice from settling. For a richer pudding, stir in 1 or 2 well-beaten eggs, 30 minutes before pudding is done. Serve hot or cold. *Serves 6.*

**Chocolate Rice Pudding.** Add 2 squares melted chocolate or  $\frac{1}{4}$  cup cocoa.

**Rice Pudding with Fruit.** Add  $\frac{1}{2}$  to 1 cup seeded raisins, dates, or figs cut in small pieces, or a combination of fruits.

**Poor Man's Pudding.** Use  $\frac{1}{3}$  cup molasses in place of sugar and  $\frac{1}{2}$  teaspoon cinnamon in place of lemon rind or nutmeg. At last stirring, add 1 tablespoon butter.

**LEMON CREAM RICE**

|                                        |                                      |
|----------------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup rice                 | $\frac{3}{4}$ teaspoon salt          |
| 3 cups milk                            | 2 egg yolks, slightly beaten         |
| $\frac{1}{2}$ cup sugar                | 2 egg whites, beaten until stiff     |
| Grated rind of $\frac{3}{4}$ lemon     | 2 tablespoons powdered sugar         |
| $1\frac{1}{2}$ tablespoons lemon juice | $\frac{1}{4}$ teaspoon lemon extract |

Cook rice and milk in double boiler until rice is soft. Add sugar,

lemon rind, lemon juice, salt, and egg yolks. Stir gently and cook until thickened. Turn into buttered pudding dish, and cool. Add powdered sugar and lemon extract gradually to egg whites and pile over top of pudding. Bake in moderate oven (350° F.) just long enough to brown meringue. *Serves 6.*

### RICE CREAM

|                                        |                             |
|----------------------------------------|-----------------------------|
| 3 tablespoons rice                     | 1 cup cold milk             |
| 2 cups milk                            | 1 tablespoon sugar          |
| 1 tablespoon gelatin, <i>soaked in</i> | $\frac{1}{4}$ teaspoon salt |
| 3 tablespoons cold water               | 1 teaspoon vanilla          |
| 1 cup heavy cream, whipped             |                             |

Scald milk, add washed rice, and cook in double boiler until rice is tender. Add gelatin, sugar, salt, and cold milk. Mix thoroughly. Cool, add vanilla, fold in cream, mold or pile in dessert glasses. Serve with any sauce suitable for ice cream or, if in small glasses, pour over maple sirup and sprinkle with chopped nut meats, preferably pecans. *Serves 6 to 8.*

**Pineapple Rice Cream.** Before molding, fold in 1 cup crushed pineapple, thoroughly drained.

### BREAD AND BUTTER PUDDING

|                                                |                             |
|------------------------------------------------|-----------------------------|
| 6 slices stale bread, $\frac{1}{2}$ inch thick | $\frac{1}{2}$ cup sugar     |
| Butter                                         | $\frac{1}{4}$ teaspoon salt |
| 3 eggs, slightly beaten                        | 1 quart milk                |

Spread bread generously with butter; arrange in buttered pudding dish, buttered side down. Add sugar, salt, and milk to eggs. Strain and pour over bread; let stand 30 minutes. Bake 1 hour in slow oven (325° F.), covering the first half-hour of baking. The top of pudding should be well browned. Serve with Hard Sauce (p. 588) or Creamy Sauce (p. 589). For variety, sprinkle between layers  $\frac{3}{4}$  cup seeded raisins or  $\frac{1}{2}$  cup shredded coconut. *Serves 6 to 8.*

### BREAD AND BUTTER APPLE PUDDING

Cover bottom of a shallow baking dish with applesauce. Cut stale bread in  $\frac{1}{3}$ -inch slices, remove crusts, butter, cut in triangles, and arrange close together over applesauce. Sprinkle generously with sugar and a few drops of vanilla. Bake in moderate oven (350° F.). Serve with cream, whipped or plain.

**BREAD PUDDING**

|                                   |                              |
|-----------------------------------|------------------------------|
| 2 cups stale bread crumbs         | 2 eggs, slightly beaten      |
| 1 quart scalded milk              | $\frac{1}{2}$ teaspoon salt  |
| $\frac{1}{2}$ cup sugar (or more) | 1 teaspoon vanilla or        |
| $\frac{1}{4}$ cup melted butter   | $\frac{1}{4}$ teaspoon spice |

Soak bread crumbs in milk, set aside until cool; add other ingredients. If firmer pudding is liked, reduce milk to 2 cups. Bake 1 hour in buttered pudding dish in moderately slow oven (325° F.). Serve hot with Vanilla Sauce (p. 590) or Melba Sauce (p. 592), or serve cold with any fruit sauce. Do not use crusts in preparing bread crumbs for puddings. With a coarse grater there need be very little waste. *Serves 6.*

**Banana Bread Pudding.** Slice 1 or 2 bananas over top before baking.

**Butterscotch Bread Pudding.** Omit white sugar. Cook 1 cup brown sugar with butter until well browned; then add to mixture. Flavor with vanilla.

**Caramel Bread Pudding.** Use  $\frac{2}{3}$  cup sugar. Caramelize sugar and dissolve in scalded milk before pouring milk over crumbs. Serve with whipped cream.

**Chocolate Bread Pudding.** Put 2 squares chocolate in milk before scalding. Beat thoroughly before pouring over crumbs. Flavor with  $\frac{1}{2}$  teaspoon vanilla and 1 teaspoon cinnamon. Serve hot or cold. This is delicious served very cold with whipped cream.

**Coffee Bread Pudding.** Scald milk with 4 tablespoons ground coffee. Strain.

**Date and Nut Bread Pudding.** Add 1 cup chopped dates (or figs) and  $\frac{1}{2}$  cup walnut meats to mixture.

**Orange Marmalade Bread Pudding.** Add 1 cup marmalade to mixture.

**Raisin Bread Pudding.** Add 1 cup chopped, seeded raisins to mixture.

**Nut Bread Pudding.** Add  $\frac{1}{2}$  cup walnut meats to Chocolate, Caramel, or Butterscotch Bread Pudding.

**Cake Crumb Pudding.** Use cake crumbs to replace part or all of bread crumbs. Sweeten to taste.

**Cracker Custard Pudding.** Use  $\frac{2}{3}$  cup cracker crumbs in place of bread crumbs. After baking, cover with meringue made of 2 egg

whites,  $\frac{1}{4}$  cup powdered sugar, and 1 tablespoon lemon juice. Bake in slow oven (250° F.) until delicately brown.

**Sally's Bread Pudding.** Use 4 eggs, separated. Beat egg whites until stiff and fold into mixture last, or reserve whites, bake pudding, spread with thin layer of jelly or jam, cover with Meringue (p. 600), and bake. If liked, soak a piece of lemon peel 1 hour in 2 tablespoons brandy, remove peel, and add brandy to mixture before baking, or add the juice and grated rind of 1 lemon (increasing sugar to 1 cup).

### LEMON BREAD PUDDING

|                            |                             |
|----------------------------|-----------------------------|
| 8 small slices stale bread | 3 tablespoons sugar         |
| Lemon Mixture              | 2 eggs, slightly beaten     |
| 1 cup milk                 | Grated rind 1 lemon         |
|                            | $\frac{1}{8}$ teaspoon salt |

Remove crusts, spread bread with Lemon Mixture, arrange in buttered pudding mold. Add sugar, salt, and milk to eggs; strain, add lemon rind; pour over bread. Cover, set in pan of hot water. Bake 1 hour in moderate oven (350° F.). *Serves 6.*

**Lemon Mixture.** Cook 3 tablespoons lemon juice, grated rind 1 lemon, and  $\frac{1}{4}$  cup butter 2 minutes. Add 1 cup sugar and 3 eggs slightly beaten; cook until mixture thickens; cool.

### BANANA CAKE CRUMB PUDDING

|                                                         |                                        |
|---------------------------------------------------------|----------------------------------------|
| 1 cup stale sponge cake crumbs                          | $\frac{1}{4}$ cup sugar                |
| 2 cups milk                                             | $\frac{1}{4}$ teaspoon salt            |
| $\frac{1}{2}$ cup banana pulp (rubbed<br>through sieve) | $1\frac{1}{2}$ tablespoons lemon juice |
|                                                         | 1 teaspoon vanilla                     |
|                                                         | 3 eggs, slightly beaten                |

Scald milk, pour over cake crumbs, let stand  $\frac{1}{2}$  hour, and rub through a sieve. Add other ingredients. Turn into buttered individual molds, set in pan of hot water, and bake until firm in moderate oven (350° F.). Remove from oven, let stand 5 minutes, turn out, and serve with Cream Sabayon Sauce (p. 594) or Floradora Sauce (p. 595). *Serves 6.*

### HASTY PUDDING

Serve Corn Meal (p. 108) with finely shaved maple sugar and butter.



**MOCK INDIAN PUDDING**

|                                     |                |
|-------------------------------------|----------------|
| 5 thick slices of whole wheat bread | 3½ cups milk   |
| Butter                              | ½ cup molasses |

Remove crusts from bread. Spread generously with butter, arrange in baking dish, pour over 3 cups milk and molasses. Bake 2 to 3 hours in slow oven (325° F.). Stir 3 times during the first hour of baking, then add remaining milk. Serve with cream. *Serves 6.*

**INDIAN PUDDING**

|                     |                               |
|---------------------|-------------------------------|
| 2 cups scalded milk | 1 teaspoon salt               |
| ¼ cup corn meal     | ¼ cup sugar                   |
| 2 cups cold milk    | 1 teaspoon cinnamon or ginger |
| ½ cup molasses      | or half of each               |
| ¼ cup butter        |                               |

Pour scalded milk slowly on corn meal, cook in double boiler 20 minutes, add molasses, salt, sugar, cinnamon, and butter. Pour into buttered pudding dish, pour over cold milk, set in pan of hot water, and bake 3 hours in slow oven (250° F.). Serve with cream. If desired, add ½ cup raisins. This pudding should be very soft and should whey or separate. *Serves 8.*

**CLUB INDIAN PUDDING**

|                         |                     |
|-------------------------|---------------------|
| 1 quart scalded milk    | 1 teaspoon salt     |
| 5 tablespoons corn meal | 1 teaspoon cinnamon |
| 2 tablespoons butter    | 2 eggs, well beaten |
| 1 cup molasses          | 1 cup cold milk     |

Add meal gradually, while stirring constantly, to scalded milk and cook in double boiler 20 minutes; then add butter, molasses, seasonings, and eggs. If preferred, use ¾ teaspoon cinnamon and ¼ teaspoon ginger or nutmeg. Turn into buttered pudding dish and pour cold milk over mixture. Bake 1 hour in moderate oven (350° F.). Delicious served with vanilla ice cream. *Serves 8.*

**HONEYCOMB PUDDING**

|                     |                         |
|---------------------|-------------------------|
| 1 cup sugar         | 1 cup molasses          |
| 1 cup flour         | ½ cup butter, melted in |
| ½ teaspoon soda     | ½ cup lukewarm milk     |
| 4 eggs, well beaten |                         |

Mix sugar, flour, and soda. Add molasses, butter, and milk. Beat thoroughly, and add eggs. Turn into buttered baking dish or

Turk's-head pan and bake in moderate oven (350° F.) about 45 minutes. Serve from dish or unmold onto serving dish. Serve with Floradora Sauce (p. 595). *Serves 6.*

### BROWN BETTY *or* SCALLOPED APPLES

|                                                |                                                |
|------------------------------------------------|------------------------------------------------|
| 2 cups bread crumbs                            | $\frac{1}{4}$ teaspoon grated nutmeg <i>or</i> |
| $\frac{1}{4}$ cup butter, melted               | 1 teaspoon cinnamon                            |
| 1 quart sliced apples                          | Grated rind and juice $\frac{1}{2}$ lemon      |
| $\frac{1}{4}$ cup sugar, brown <i>or</i> white | $\frac{1}{2}$ cup hot water                    |

Mix crumbs and butter lightly with fork. Cover bottom of buttered pudding dish with crumbs and spread over half the apples, sprinkle with half the sugar, nutmeg, lemon juice, and rind mixed together; repeat, cover with remaining crumbs and water, and bake 40 minutes in moderate oven (350° F.). Cover at first to prevent crumbs from browning too rapidly. Serve with cream or Maryland Sauce (p. 591). *Serves 6.*

**Apricot Brown Betty.** Use 2 cups stewed and drained apricots in place of apples. Use apricot juice in place of lemon juice and water.

**Corn Flake Brown Betty.** Bake in shallow dish. Use corn flakes in place of crumbs.

**Peach Brown Betty.** Use equal quantities sliced peaches and bread crumbs. Omit lemon and nutmeg. Sirup from canned peaches may be used in place of water (omitting sugar).

**Rhubarb Brown Betty.** Use equal quantities cooked rhubarb and bread crumbs. Season to taste. Omit water.

### APPLE CRUNCH *or* APPLE CANDY PIE

|                           |                                   |
|---------------------------|-----------------------------------|
| 4 cups sliced tart apples | $\frac{3}{4}$ cup flour <i>or</i> |
| $\frac{1}{2}$ cup water   | 1 cup corn-flake crumbs           |
| 1 teaspoon cinnamon       | 1 cup brown sugar                 |
| $\frac{1}{2}$ cup butter  |                                   |

Arrange apples in deep, buttered pie tin or baking dish. Pour over water and sprinkle with cinnamon and half the sugar. Blend flour, sugar, and butter with fork. If corn flakes are used, mix with sugar, melt butter, and add. Pack firmly over apples or stir into apples with fork. Bake in moderate oven (350° F.) until apples are tender and crust is brown (about 30 minutes). Serve warm with thin cream or whipped cream. *Serves 6 or 8.*

**CAPE COD APPLE PUDDING**

|                                        |                               |
|----------------------------------------|-------------------------------|
| Baking Powder Biscuit dough<br>(p. 86) | $\frac{1}{4}$ teaspoon nutmeg |
| 2 tablespoons sugar                    | $\frac{1}{4}$ teaspoon salt   |
|                                        | 8 apples, cut in eighths      |

Cook apples with sugar, salt, and nutmeg until soft. Roll out dough to fit kettle and spread over apple. Cover tightly. Cook 15 minutes over moderate heat. Turn out and serve with cream. *Serves 6 to 8.*

**CAPE COD BLUEBERRY GRUNT**

Cook 2 cups blueberries in small amount of water until soft. Sweeten slightly and put in deep baking dish. Arrange Baking Powder Biscuit dough over top and set dish in kettle of boiling water. Cover and cook 1 hour, keeping water boiling constantly, adding more as needed to keep water within 1 inch of top of dish. Serve from dish with cream. *Serves 6.*

**BLUEBERRY PUDDING**

|                          |                         |
|--------------------------|-------------------------|
| 6 slices bread, buttered | 3 cups blueberries      |
| Cinnamon                 | $\frac{3}{4}$ cup sugar |
| $\frac{1}{2}$ cup water  |                         |

Sprinkle bread lightly with cinnamon. Cook berries, sugar, and water 10 minutes. Arrange bread and berries in alternate layers in glass bread dish. Chill in refrigerator several hours. Turn out and slice. Serve with thin cream. *Serves 6.*

**PRUNE or APRICOT WHIP**

|                               |                                         |
|-------------------------------|-----------------------------------------|
| 1 cup stewed or canned prunes | $\frac{1}{2}$ cup sugar                 |
| or apricots (p. 53), pitted   | $\frac{1}{2}$ tablespoon lemon juice or |
| 4 egg whites                  | $\frac{1}{4}$ teaspoon cream of tartar  |

Rub fruit through strainer. Use half each if liked. Add sugar, and cook 5 minutes (the mixture should be of the consistency of marmalade). Chill and add lemon juice. Beat egg whites until stiff, and fold in prune or apricot mixture.

**Baked.** Pile lightly in unbuttered pudding dish, set in pan of hot water, bake in slow oven (300° F.) until firm (about 45 minutes).

Serve warm or cold with Soft Custard (p. 510) or whipped cream. *Serves 6.*

**Steamed.** Butter 2-quart double-boiler top. Pour in mixture and cook over hot water 30 minutes or until firm. Turn onto serving dish.

### ORANGE SOUFFLÉ

|                         |                                       |
|-------------------------|---------------------------------------|
| 4 egg whites            | 3 tablespoons orange marmalade        |
| 4 tablespoons sugar     | $\frac{1}{4}$ teaspoon orange extract |
| Grated rind of 1 orange |                                       |

Beat egg whites until stiff but not dry. Beat in sugar and fold in marmalade and flavoring. Cook 1 hour in buttered double-boiler top over boiling water. Turn out on serving dish and serve with Floradora Sauce (p. 595) made with 2 egg yolks instead of whole egg. Sprinkle with  $\frac{1}{2}$  cup toasted almonds, chopped coarsely. *Serves 6.*

### NORWEGIAN PRUNE PUDDING

|                             |                                   |
|-----------------------------|-----------------------------------|
| $\frac{1}{2}$ pound prunes  | 1-inch piece stick cinnamon       |
| 2 cups cold water           | $1\frac{1}{3}$ cups boiling water |
| 1 cup sugar                 | $\frac{1}{3}$ cup cornstarch.     |
| $\frac{1}{8}$ teaspoon salt | 1 tablespoon lemon juice          |

Pick over and wash prunes, then soak 1 hour in cold water, and boil until soft in same water; or use 1 cup stewed prunes, pitted, and  $\frac{1}{4}$  cup juice. Crack pits, remove meat, and add to prunes and juice. Add sugar, salt, cinnamon, boiling water, and simmer 10 minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture, and stir constantly while cooking 5 minutes. Remove cinnamon, add lemon juice, mold, chill, and serve with cream. *Serves 6.*

**Nut Prune Soufflé.** Before molding, fold in 2 egg whites beaten stiff and  $\frac{1}{2}$  cup walnut meats broken in pieces.

### APPLE SNOW

|              |            |
|--------------|------------|
| 2 egg whites | Applesauce |
|--------------|------------|

Prepare within  $\frac{1}{2}$  hour of serving for best result. Beat whites until stiff. Beat in very cold applesauce slowly, using as much as will keep mixture stiff enough to pile in bowl or individual dishes. Serve very cold with Soft Custard (p. 510) made with brown sugar. *Serves 4.*

**APPLE or PEACH MERINGUE**

Pile Meringue (p. 600) on Baked Apples (p. 51), or canned peaches. Brown in oven, cool, and serve with Soft Custard (p. 510).

**BANANA WHIP**

|                         |                               |
|-------------------------|-------------------------------|
| 3 bananas               | $\frac{1}{4}$ cup lemon juice |
| $\frac{3}{4}$ cup sugar | 1 cup heavy cream, whipped    |

Peel and scrape bananas. Force through sieve. Cook with sugar and lemon juice to boiling point. Chill. Fold into cream. *Serves 4.*

**RASPBERRY or STRAWBERRY WHIP**

|                             |                      |             |
|-----------------------------|----------------------|-------------|
| $1\frac{1}{4}$ cups berries | 1 cup powdered sugar | 1 egg white |
|-----------------------------|----------------------|-------------|

Beat together with wire whisk or electric beater until stiff enough to hold shape. Serve over pieces of sponge or angel cake or pile lightly on dish, chill, surround with lady fingers, and serve with Soft Custard (p. 510). *Serves 4.*

**SAUTÉED PEARS WITH CHOCOLATE SAUCE**

Pare 4 Bartlett pears, cut in fourths lengthwise, and sauté in butter until browned. Canned pears drained from sirup may be used in place of fresh fruit. Serve with Thin Chocolate Sauce (p. 585).

**MONT BLANC**

Mash 3 cups boiled or canned French chestnuts, sweeten to taste with powdered sugar, and moisten with hot milk; cook 2 minutes. Rub through strainer, cool, flavor with vanilla, Kirsch, or maraschino. Pile in pyramid, top or surround with whipped cream, and garnish base with whipped cream forced through pastry bag and tube. *Or*, arrange in ring with whipped cream in center.

**ICEBOX PUDDING**

|                                   |              |
|-----------------------------------|--------------|
| $\frac{1}{2}$ cup unsalted butter | 4 egg yolks  |
| 1 cup powdered sugar              | 4 egg whites |
| Sponge cake or lady fingers       | Flavoring    |

Cream butter thoroughly, beat in sugar, beat in egg yolks, one at a time. Flavor as desired. Beat egg whites until stiff and fold into mixture. Line mold with strips of cake or lady fingers, fill with mixture, and chill in refrigerator 24 hours. *Serves 4.*



**Chocolate Icebox Pudding.** Melt 1 square chocolate over hot water and add slowly to first mixture. Flavor with rum or brandy, if liked.

**Macaroon Icebox Pudding.** Add  $\frac{1}{2}$  cup macaroon crumbs (macaroons, dried, rolled, and sifted).

**Fruit Icebox Pudding.** Add  $\frac{1}{4}$  cup crushed canned pineapple, thoroughly drained, or finely cut maraschino cherries.

**Lemon Icebox Pudding.** Add juice and rind of 1 lemon to egg-yolk mixture.

**Coffee Almond Icebox Pudding.** Soak lady fingers in coffee and cream (2 tablespoons cream to 1 cup coffee). Add 2 tablespoons coffee to mixture and fold in 1 cup almonds, toasted and chopped fine. Arrange lady fingers and filling in layers. Turn out on serving dish and cover with thin layer of whipped cream.

### ORANGE ICEBOX CAKE

Orange Filling (p. 662)

Lady fingers

$\frac{1}{2}$  cup heavy cream, beaten  
until stiff

Cool filling, fold in cream. Line mold with wax paper, cover bottom with lady fingers. Put in half the filling, cover with lady fingers, add remaining filling, and cover with lady fingers. Chill 24 hours. *Serves 6.*

### STEAMED PUDDINGS

Pudding molds may be bought for the purpose or small cylindrical tins may be used if covers are tight, or wax paper may be fastened over the top with rubber bands.

**Butter mold.** Turn in mixture; have molds not more than  $\frac{2}{3}$  full. Put on cover; place mold on trivet in kettle containing boiling water. Have water come halfway up around mold. Keep water at boiling point. Add boiling water as needed.

**In Small Molds.** Butter custard cups or other small molds, fill  $\frac{2}{3}$  full, cover with heavy waxed paper held by rubber bands. Set in pan of hot water and steam in moderate oven (350° F.) or on top of stove.

**To Unmold.** Remove from steamer and set in cold water for a few seconds, then turn out. If desired, set in oven a few minutes to dry a little.

**In Double Boiler.** Butter double boiler top. Fill  $\frac{2}{3}$  full and steam.

**STEAMED APPLE PUDDING**

|                             |                               |
|-----------------------------|-------------------------------|
| Baking Powder Biscuit dough | $\frac{1}{4}$ teaspoon salt   |
| (p. 86)                     | $\frac{1}{4}$ teaspoon nutmeg |
| 1 tablespoon sugar          | 4 apples, cut in eighths      |

Toss biscuit dough on floured board, pat, and roll out. Place apples on middle of dough. Sprinkle with sugar mixed with salt and nutmeg. Bring dough around apples and carefully lift into buttered mold or 5-pound lard pail; or sprinkle apples over dough, and roll up like jelly roll. Steam (p. 527) 1 hour and 20 minutes. Serve with Vanilla Sauce (p. 590) or Hard Sauce (p. 588). *Serves 6.*

**BLACK PUDDING**

|                             |                             |
|-----------------------------|-----------------------------|
| 1 egg                       | $\frac{1}{2}$ teaspoon soda |
| 2 cups flour                | 1 cup molasses              |
| $\frac{1}{2}$ teaspoon salt | 1 cup boiling water         |

Slightly beat egg, add other ingredients. Steam 1 hour (p. 527). Serve with Floradora Sauce (p. 595). *Serves 6.*

**STEAMED CHOCOLATE PUDDING**

|                         |                                              |
|-------------------------|----------------------------------------------|
| 3 tablespoons butter    | $2\frac{1}{4}$ cups flour                    |
| $\frac{2}{3}$ cup sugar | $4\frac{1}{2}$ teaspoons baking powder       |
| 1 egg, well beaten      | $2\frac{1}{2}$ squares unsweetened chocolate |
| 1 cup milk              | $\frac{1}{4}$ teaspoon salt                  |

Cream butter, add sugar gradually, and egg. Mix and sift flour with baking powder and salt and add alternately with milk to first mixture; then add chocolate, melted over hot water. Turn into buttered mold. Steam 2 hours (p. 527). Serve with whipped cream or Floradora Sauce (p. 595). *Serves 6.*

**STEAMED CRANBERRY PUDDING**

|                          |                                        |
|--------------------------|----------------------------------------|
| $\frac{1}{3}$ cup butter | $2\frac{1}{3}$ cups flour              |
| $\frac{2}{3}$ cup sugar  | $2\frac{1}{2}$ teaspoons baking powder |
| 2 eggs, well beaten      | $\frac{1}{3}$ cup milk                 |
| 1 cup cranberries        |                                        |

Cream butter, add sugar gradually. Add eggs. Mix and sift flour and baking powder and add alternately with milk to first mixture. Stir in berries. Steam 3 hours (p. 527). Serve with thin cream, sweetened and flavored with nutmeg. *Serves 6.*

**STEAMED BLUEBERRY PUDDING**

Add 1 cup each of milk and blueberries rolled in flour to Baking Powder Biscuit mixture (p. 86). Steam  $1\frac{1}{2}$  hours (p. 527). Serve with Creamy Sauce (p. 589), Yankee Sauce (p. 584), or hot stewed blueberries and Hard Sauce (p. 588). *Serves 6.*

**OHIO PUDDING or STEAMED CARROT PUDDING**

|                           |                                    |
|---------------------------|------------------------------------|
| 1 cup sugar               | 1 teaspoon soda                    |
| 1 cup flour               | 1 cup finely grated, raw potato    |
| 2 teaspoons baking powder | 1 cup grated, raw carrot (3 small) |
| 1 teaspoon salt           | 1 cup currants or seedless raisins |
|                           | 1 cup seeded raisins               |

Mix and sift sugar, flour, baking powder, salt, and soda. Add remaining ingredients. Mix thoroughly. Steam (p. 527) 2 hours in small molds or 3 hours in large mold. Serve with Ohio Sauce (p. 589). *Serves 6.*

**STEAMED DATE PUDDING**

|                                   |                             |
|-----------------------------------|-----------------------------|
| 3 tablespoons butter              | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup molasses        | Salt                        |
| $\frac{1}{2}$ cup milk            | Clove                       |
| $\frac{1}{2}$ pound dates, stoned | Allspice                    |
| and cut in pieces                 | Nutmeg                      |
|                                   | $1\frac{1}{8}$ cups flour   |

Melt butter, add molasses and milk, dry ingredients mixed and sifted, and dates. Steam (p. 527)  $2\frac{1}{2}$  hours. Serve with Wine Sauce (p. 589) or Thin Lemon Sauce (p. 590). *Serves 6.*

**STEAMED FIG PUDDING**

|                           |                                  |
|---------------------------|----------------------------------|
| $\frac{1}{4}$ pound suet  | $\frac{1}{4}$ pound brown sugar  |
| $\frac{1}{2}$ pound figs  | $\frac{1}{4}$ pound bread crumbs |
| 1 large sour apple (cored | $\frac{1}{4}$ cup milk           |
| and pared)                | 2 eggs                           |
|                           | 3 ounces flour                   |

Force suet, figs, and apple through food chopper. Mix thoroughly and add sugar. Pour milk over bread crumbs and add egg yolks, well beaten. Combine mixtures, add flour and egg whites beaten until stiff. Steam (p. 527) 4 hours. Serve with Lemon Sauce (p. 590) or Yellow Sauce (p. 595). *Serves 6.*

**FRENCH FRUIT PUDDING**

|                               |                                             |
|-------------------------------|---------------------------------------------|
| 1 cup molasses                | $\frac{1}{2}$ teaspoon salt                 |
| 1 cup sour milk               | 1 teaspoon cinnamon                         |
| 1 cup finely chopped suet     | $\frac{1}{2}$ teaspoon clove                |
| $2\frac{3}{4}$ cups flour     | $1\frac{1}{4}$ cups seeded raisins, chopped |
| $1\frac{1}{2}$ teaspoons soda | $\frac{3}{4}$ cup currants                  |

Add molasses and sour milk to suet; add 2 cups flour mixed and sifted with soda, salt, and spices. Add fruit mixed with remaining flour. Steam (p. 527) 4 hours. Serve with Sterling Sauce (p. 589). *Serves 6 to 8.*

**STEAMED GINGER PUDDING**

|                           |                                                         |
|---------------------------|---------------------------------------------------------|
| $\frac{1}{2}$ cup butter  | 3 teaspoons baking powder                               |
| 2 tablespoons sugar       | $\frac{1}{4}$ teaspoon salt                             |
| 2 eggs, well beaten       | $\frac{1}{4}$ cup preserved ginger, cut in small pieces |
| 1 cup milk                |                                                         |
| $2\frac{1}{2}$ cups flour | 1 tablespoon ginger sirup                               |

Cream butter and add sugar gradually. Add eggs. Mix and sift flour with baking powder and salt and add alternately with milk to first mixture. Add ginger and ginger sirup. Turn into buttered mold. Steam  $1\frac{3}{4}$  hours. Serve with whipped cream flavored with ginger sirup. *Serves 6.*

**Raisin Puff.** Use 1 cup seeded raisins in place of ginger and ginger sirup. Serve with whipped cream, sweetened and flavored with grated nutmeg.

**ORANGE CREAM SPONGE**

|                               |                           |
|-------------------------------|---------------------------|
| 3 tablespoons butter          | 4 eggs                    |
| $\frac{1}{4}$ cup flour       | $\frac{1}{4}$ cup sugar   |
| 1 cup scalded milk            | 1 tablespoon orange juice |
| 1 teaspoon grated orange rind |                           |

Melt butter, add flour, and stir until well blended. Pour on milk gradually. Stir constantly and bring to boiling point. Add orange juice and rind to egg yolks; beat until thick and lemon-colored. Beat in sugar. Combine mixtures. Fold in egg whites, beaten until stiff. Turn into buttered melon mold. Steam (p. 527) 35 minutes. Serve with Orange Sauce (p. 592) or Creamy Sauce (p. 589), flavored with juice and grated rind of orange. *Serves 6.*

## PLUM PUDDING

|                                                                  |                                                          |
|------------------------------------------------------------------|----------------------------------------------------------|
| $\frac{1}{2}$ pound stale bread crumbs                           | 2 ounces finely cut citron                               |
| 1 cup scalded milk                                               | $\frac{1}{2}$ pound suet                                 |
| $\frac{1}{4}$ pound sugar                                        | $\frac{1}{4}$ cup wine, currant jelly, or<br>grape juice |
| 4 eggs                                                           | $\frac{1}{2}$ grated nutmeg                              |
| $\frac{1}{2}$ pound seeded raisins, cut<br>in pieces and floured | $\frac{3}{4}$ teaspoon cinnamon                          |
| $\frac{1}{4}$ pound seedless raisins                             | $\frac{1}{3}$ teaspoon clove                             |
| $\frac{1}{4}$ pound finely chopped figs                          | $\frac{1}{3}$ teaspoon mace                              |
|                                                                  | $1\frac{1}{2}$ teaspoons salt                            |

Soak bread crumbs in milk, let stand until cool, add sugar, beaten egg yolks, raisins, figs, and citron. Chop suet and work with hands until creamy. Combine mixtures, add wine, currant jelly, or grape juice, nutmeg, cinnamon, clove, mace, and egg whites beaten stiff. Steam (p. 527) 6 hours. Serve with Hard Sauce and Liquid Sauce. *Serves 8 or more.*

**Hard Sauce.** Cream  $\frac{1}{3}$  cup butter; add gradually 1 cup brown sugar and 2 tablespoons brandy, drop by drop. Force through pastry bag with rose tube and garnish with green leaves and candied cherries.

**Liquid Sauce.** Mix  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  tablespoon cornstarch, and few grains salt. Add gradually, while stirring constantly, 1 cup boiling water and boil 5 minutes. Remove from heat, add 1 tablespoon lemon juice and 2 tablespoons brandy; then color with fruit red.

## SUET PUDDING

|                           |                               |
|---------------------------|-------------------------------|
| 1 cup finely chopped suet | $1\frac{1}{2}$ teaspoons salt |
| 1 cup molasses            | Ginger                        |
| 1 cup milk                | Clove                         |
| 3 cups flour              | Nutmeg                        |
| 1 teaspoon soda           | 1 teaspoon cinnamon           |

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Steam (p. 527) 3 hours. Serve with Sterling Sauce (p. 589). *Serves 8 or more.*

**Hunter's Pudding.** Add  $1\frac{1}{2}$  cups seeded raisins, floured, to mixture.



## STERLING FRUIT PUDDING

|                                         |                                      |
|-----------------------------------------|--------------------------------------|
| 1 cup suet                              | 1 cup seeded raisins, cut in pieces  |
| 2 $\frac{2}{3}$ cups stale bread crumbs | $\frac{3}{4}$ cup currants           |
| 1 cup grated, raw carrot                | $\frac{1}{8}$ cup flour              |
| 4 egg yolks                             | 1 $\frac{1}{2}$ teaspoons salt       |
| 1 $\frac{1}{3}$ cups brown sugar        | 1 teaspoon cinnamon                  |
| Grated rind 1 lemon                     | $\frac{1}{2}$ teaspoon grated nutmeg |
| 1 tablespoon vinegar                    | $\frac{1}{4}$ teaspoon cloves        |
| 4 egg whites                            |                                      |

Force suet through food chopper and work with hands until creamy. Add crumbs and carrot. Beat egg yolks until light; add sugar gradually, while beating constantly. Combine mixtures; add lemon rind and vinegar. Mix and sift flour with salt and spices; stir in raisins and currants. Add to mixture with egg whites, beaten until stiff. Turn into buttered mold garnished with citron (cut in thin slices, then in fancy shapes). Adjust cover. Steam (p. 527) 3 $\frac{1}{2}$  hours. *Serves 8 or more.*

## STEAMED THANKSGIVING PUDDING

|                                          |                                        |
|------------------------------------------|----------------------------------------|
| $\frac{1}{3}$ cup suet                   | $\frac{1}{2}$ teaspoon grated nutmeg   |
| $\frac{1}{2}$ pound figs, finely chopped | $\frac{1}{2}$ cup English walnut meats |
| 2 $\frac{1}{2}$ cups stale bread crumbs  | $\frac{1}{2}$ cup seeded raisins, cut  |
| $\frac{3}{4}$ cup milk                   | in pieces                              |
| 1 cup brown sugar                        | 2 tablespoons flour                    |
| 1 teaspoon salt                          | 4 eggs, well beaten                    |
| $\frac{3}{4}$ teaspoon cinnamon          | 2 teaspoons baking powder              |

Chop suet and work with hand until creamy, then add figs. Soak bread crumbs in milk, add eggs, sugar, salt, and spices. Combine mixtures, add nut meats and raisins dredged with flour. Sprinkle over with baking powder and beat thoroughly. Steam (p. 527) 3 hours, and serve with Yellow Sauce (p. 595). *Serves 8.*

## CHESTNUT SOUFFLÉ

|                                  |                                 |
|----------------------------------|---------------------------------|
| $\frac{1}{4}$ cup sugar          | 1 cup boiled chestnuts (p. 437) |
| 2 tablespoons flour              | $\frac{1}{2}$ cup milk          |
| 3 egg whites, beaten until stiff |                                 |

Mix sugar and flour, add chestnuts forced through ricer, and milk, gradually. Stir and cook 5 minutes. Cut and fold in egg whites. Bake (p. 533). *Serves 4.*

## FRENCH SOUFFLÉ

|                         |                             |
|-------------------------|-----------------------------|
| 3 tablespoons butter    | 1 cup scalded milk          |
| 3 tablespoons flour     | 4 eggs                      |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ teaspoon salt |

Melt butter, add flour and, gradually, hot milk. Bring to boiling point and pour onto egg yolks, beaten until thick and lemon-colored and mixed with sugar and salt; cool. Cut and fold in egg whites, beaten stiff. Butter baking dish or individual molds generously with creamed butter. Sprinkle with granulated sugar. Fill.

**To Bake.** Set molds in pan of hot water. If desired firm, bake 30 to 40 minutes in a moderately slow oven ( $325^{\circ}$  F.). If desired crusty on edges with soft center (French method), bake 20 minutes in a moderately hot oven ( $375^{\circ}$  F.). Serve as soon as baked or mixture will fall. If baked soft, a sauce is not required. Serve with Creamy Sauce (p. 589), Foamy Sauce (p. 587), or whipped cream. *Serves 6.*

**Apricot or Peach Soufflé.** Drain (reserve sirup) 2 cups canned apricots or peaches. Cut fruit into quarters. Put close together on bottom of a buttered baking dish. Pour over French Soufflé mixture. Bake. Serve with fruit sirup and whipped cream or vanilla ice cream. *Serves 6 or 8.*

**Chocolate Soufflé.** Melt 2 squares chocolate over hot water, add  $\frac{1}{4}$  cup sugar and 2 tablespoons hot water. Stir until smooth and add to first mixture before adding egg yolks. If liked, flavor with 1 tablespoon rum and serve with whipped cream or heavy cream sweetened and flavored with rum.

**Mocha Soufflé.** Use  $\frac{3}{4}$  cup boiled coffee and  $\frac{1}{4}$  cup cream in place of milk. Increase sugar to  $\frac{1}{2}$  cup. Serve with Mocha Sauce (p. 589).

**Soufflé Gran Marnier.** Increase sugar to  $\frac{3}{4}$  cup. Soak 6 2-inch squares stale sponge cake in Gran Marnier 1 hour and arrange in baking dish. Pour over soufflé mixture.

## LEMON SOUFFLÉ

|                               |                            |
|-------------------------------|----------------------------|
| 4 egg yolks                   | $\frac{2}{3}$ cup sugar    |
| Grated rind and juice 1 lemon | 4 egg whites, beaten stiff |

Beat yolks until thick and lemon-colored. Beat in sugar gradually, and add lemon rind and juice. Cut and fold in egg whites. Bake. *Serves 4.*

**FRUIT SOUFFLÉ**

|                                                            |                            |
|------------------------------------------------------------|----------------------------|
| $\frac{3}{4}$ cup fruit pulp, peach,<br>apricot, or quince | 3 egg whites, beaten stiff |
| 1 tablespoon lemon juice                                   | Sugar                      |
|                                                            | Few grains salt            |

Rub fruit through sieve; if canned fruit is used, first drain from sirup. Heat, add lemon juice, sweeten if necessary, and add hot to egg whites. Add salt and continue beating; turn into buttered and sugared individual molds, having them  $\frac{3}{4}$  full. Bake. Serve with Sabayon Sauce (p. 593). *Serves 4.*

**SOUFFLÉ AU RHUM**

|                                  |                  |
|----------------------------------|------------------|
| 2 egg yolks                      | 1 tablespoon rum |
| $\frac{1}{4}$ cup powdered sugar | 4 egg whites     |
|                                  | Few grains salt  |

Beat egg yolks until thick and lemon-colored. Add sugar, salt, and rum. Fold in egg whites, beaten until stiff and dry. Butter hot omelet pan, pour in half the mixture, brown, fold, and turn out on hot serving dish. Sprinkle with powdered sugar. Cook remaining mixture in same way. Soufflé Au Rhum should be slightly underdone inside. If desired, pour rum around soufflé and light as it goes to table. *Serves 4.*

**COFFEE MALLOWS**

|                              |                                |
|------------------------------|--------------------------------|
| 16 marshmallows              | 1 cup heavy cream              |
| $\frac{1}{2}$ cup hot coffee | $\frac{1}{2}$ teaspoon vanilla |

Cut marshmallows in quarters with wet scissors. Add coffee. Cook in double boiler until melted. Cool. When beginning to thicken, fold in cream, beaten stiff, and add vanilla. Mold in dessert glasses. *Serves 6.*

**MARSHMALLOW PUDDING À LA STANLEY**

|                                                     |                                  |
|-----------------------------------------------------|----------------------------------|
| $\frac{1}{4}$ cup maraschino cherries               | $\frac{1}{2}$ pound marshmallows |
| 1 tablespoon cherry sirup                           | 1 cup whipping cream             |
| $\frac{1}{2}$ cup nut meats (walnuts, pecans, etc.) | 2 tablespoons powdered sugar     |
|                                                     | $\frac{1}{2}$ teaspoon vanilla   |

Cut cherries in pieces and add sirup. Cut walnut meats and marshmallows in small pieces. Whip cream, add sugar and vanilla,

and fold in remaining ingredients. Turn into mold and let stand until firm (about 2 hours). White grapes, strawberries, or pineapple cut in small pieces may be used in place of cherries. *Serves 6.*

### LEMON JELLY

|                                  |                                    |
|----------------------------------|------------------------------------|
| 2 tablespoons granulated gelatin | 2 cups boiling water               |
| $\frac{1}{2}$ cup cold water     | 1 cup sugar ( <i>or to taste</i> ) |
| 1 cup lemon juice                |                                    |

Soak gelatin 5 minutes in cold water, dissolve in boiling water, strain, and add to sugar and lemon juice. Mold and chill. If desired less strong of lemon, use  $2\frac{1}{2}$  cups water and  $\frac{1}{2}$  cup lemon juice. *Serves 6.*

**Grapefruit Jelly.** Reduce boiling water to  $1\frac{1}{2}$  cups. In place of lemon juice use  $1\frac{1}{2}$  cups grapefruit juice.

### ORANGE JELLY

|                                  |                           |
|----------------------------------|---------------------------|
| 2 tablespoons granulated gelatin | 1 cup sugar               |
| $\frac{1}{2}$ cup cold water     | 2 cups orange juice       |
| 1 cup boiling water              | 3 tablespoons lemon juice |

Make like Lemon Jelly. *Serves 6.*

### PINEAPPLE JELLY

|                                                        |                                  |
|--------------------------------------------------------|----------------------------------|
| 2 cups boiling water                                   | 3 tablespoons lemon juice        |
| $\frac{1}{2}$ cup sugar                                | 2 tablespoons granulated gelatin |
| 1 cup pineapple juice, hot                             | 2 tablespoons cold water         |
| $1\frac{1}{2}$ cups pineapple, crushed <i>or</i> cubed |                                  |

Pour water over sugar. When dissolved, add gelatin soaked in cold water 5 minutes. Add pineapple juice and lemon juice. Strain. When mixture begins to thicken, add pineapple. (If fresh pineapple is used, heat to boiling point or jelly will not stiffen.) Mold. Chill. *Serves 6.*

### WINE JELLY

|                                                    |                                                 |
|----------------------------------------------------|-------------------------------------------------|
| 2 tablespoons granulated gelatin, <i>soaked in</i> | 1 cup sherry <i>or</i> Madeira <i>or</i>        |
| $\frac{1}{2}$ cup cold water                       | $\frac{1}{2}$ cup sherry, 2 tablespoons brandy, |
| $1\frac{1}{2}$ cups boiling water                  | 6 tablespoons Kirsch                            |
| 1 cup sugar                                        | $\frac{1}{3}$ cup orange juice                  |
|                                                    | 3 tablespoons lemon juice                       |

Dissolve gelatin in boiling water. Add sugar, liquors, and fruit juices. Strain, mold, and chill. *Serves 6.*

**CIDER JELLY**

|                                  |                     |
|----------------------------------|---------------------|
| 2 tablespoons granulated gelatin | 1 cup boiling water |
| $\frac{1}{2}$ cup cold water     | 2 cups cider        |
| Sugar to taste                   |                     |

Make like Lemon Jelly (p. 535). *Serves 6.*

**COFFEE JELLY**

|                                  |                         |
|----------------------------------|-------------------------|
| 2 tablespoons granulated gelatin | 1 cup boiling water     |
| $\frac{1}{2}$ cup cold water     | $\frac{1}{3}$ cup sugar |
| 2 cups boiled coffee             |                         |

Make like Lemon Jelly (p. 535). *Serves 6.*

**SAUTERNE JELLY**

|                                         |                               |
|-----------------------------------------|-------------------------------|
| 2 tablespoons gelatin, <i>soaked in</i> | 1 $\frac{1}{2}$ cups sauterne |
| $\frac{1}{2}$ cup cold water            | 3 tablespoons lemon juice     |
| 1 $\frac{1}{2}$ cups boiling water      | 1 cup sugar                   |

Make like Lemon Jelly (p. 535). If to be used with meat, reduce sugar to 3 tablespoons. When firm, beat with fork and arrange around platter. *Serves 6.*

**FRUIT MOLDED IN JELLY**

|                                  |                                  |
|----------------------------------|----------------------------------|
| 5 tablespoons granulated gelatin | $\frac{2}{3}$ cup orange juice   |
| 1 cup cold water                 | $\frac{1}{3}$ cup lemon juice    |
| 2 cups boiling water             | Few grains salt                  |
| 1 $\frac{1}{3}$ cups sugar       | $\frac{1}{2}$ can peaches        |
| 1 $\frac{1}{3}$ cups peach sirup | 1 quart box strawberries.        |
| 1 cup sherry                     | 1 banana                         |
|                                  | $\frac{2}{3}$ cup seeded raisins |

Soak gelatin in cold water, dissolve in boiling water, and add sugar, fruit juices, sherry, and salt. Brush over inside of a large fancy mold with olive oil, then wipe out with a piece of tissue paper. Put mold in pan of ice water and pour in just enough of mixture to cover top ornamentations. When firm, put in each ornament a strawberry, blossom end down; add mixture to cover strawberries and let stand until set. Cut banana in slices, crosswise, shape with small round cutter, and arrange a row around strawberry which is in center of mold. Add more jelly mixture to keep banana in place and let set. To remaining jelly mixture add peaches cut in pieces and raisins (cooked until plump in small quantity of boiling water, drained, and



cooled). Fill mold with mixture. Chill. Unmold and garnish with strawberries with hulls left on. *Serves 12.*

### KUMQUAT JELLY

|                               |                                  |
|-------------------------------|----------------------------------|
| 1½ cups kumquat juice         | 1 tablespoon granulated gelatin, |
| ½ cup sugar                   | <i>soaked in</i>                 |
| ¼ cup sauterne                | 2 tablespoons cold water         |
| 1½ tablespoons orange curaçao | Few grains salt                  |

Wipe ¾ box kumquats, cut in slices, add cold water to cover, bring slowly to boiling point, and cook slowly ½ hour; then strain; there should be 1½ cups juice. Add sugar, wine, and curaçao. Heat to boiling point, add gelatin and salt. Strain, turn into molds, and chill. Remove to serving dish and garnish with halves of kumquats, cooked in sirup until soft, drained, and rolled in sugar. *Serves 4.*

### APRICOT AND WINE JELLY

|                                   |                          |
|-----------------------------------|--------------------------|
| 2 tablespoons granulated gelatin, | 1 cup apricot juice      |
| <i>soaked in</i>                  | 1 cup wine               |
| ½ cup cold water                  | 1 cup sugar              |
| 1 cup boiling water               | 1 tablespoon lemon juice |

Canned apricots

Garnish individual molds with halves of canned apricots, fill with mixture made like Lemon Jelly (p. 535). Chill. Arrange on serving dish and garnish with whipped cream forced through a pastry bag and tube. *Serves 6.*

### FRUIT CHARTREUSE

Make fruit or wine jelly mixture. Place a mold in pan of ice water, pour in mixture ½ inch deep. When firm, decorate with candied cherries and angelica. Add by spoonfuls more mixture to cover fruit. When firm, place a smaller mold in center on jelly, and fill with ice water. Pour gradually remaining jelly mixture between molds; when firm, invert, to empty smaller mold of ice water. Refill small mold with tepid water; let stand a few seconds and remove small mold. Fill space thus made with fresh sweetened fruit, using shredded pineapple, sliced bananas, and strawberries. Invert carefully on serving dish.

### CHOCOLATE PUDDING, MARSHMALLOW MINT SAUCE

|                                                 |                                                       |
|-------------------------------------------------|-------------------------------------------------------|
| 1 quart milk                                    | $\frac{1}{2}$ teaspoon salt                           |
| $1\frac{1}{2}$ squares unsweetened<br>chocolate | 2 tablespoons granulated<br>gelatin, <i>soaked in</i> |
| $\frac{1}{3}$ cup sugar                         | 3 tablespoons cold water                              |

Scald milk with chocolate in double boiler and beat until smooth. Add sugar, salt, and soaked gelatin. As soon as gelatin dissolves, strain into mold. Chill. Serve with Marshmallow Mint Sauce (p. 591). *Serves 6.*

### SNOW PUDDING

|                                 |                               |
|---------------------------------|-------------------------------|
| 1 tablespoon granulated gelatin | 1 cup sugar                   |
| $\frac{1}{4}$ cup cold water    | $\frac{1}{4}$ cup lemon juice |
| 1 cup boiling water             | 3 egg whites                  |

Soak gelatin in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture, and when thick enough to hold mark of spoon, beat with wire spoon or whisk until frothy; add egg whites beaten stiff and continue beating until stiff enough to hold its shape. Mold, or pile by spoonfuls on dish; serve cold with Soft Custard (p. 510). *Serves 6.*

### CHERRY MOSS

|                                 |                                              |
|---------------------------------|----------------------------------------------|
| 1 tablespoon granulated gelatin | $1\frac{1}{2}$ cups dark red canned cherries |
| $\frac{1}{4}$ cup cold water    | $\frac{1}{2}$ cup cherry juice               |
| $\frac{1}{4}$ cup boiling water | 2 egg whites                                 |
| Few grains salt                 |                                              |

Soak gelatin in cold water, dissolve in boiling water, and add cherries (stoned and cut in halves) and cherry juice. When mixture begins to thicken, beat, and add salt and egg whites beaten until stiff. Turn into slightly oiled mold and chill. Remove from mold to serving dish and garnish with whipped cream. Sprinkle with Jordan almonds, blanched, shredded, and roasted, or chopped pistachio nut meats. *Serves 6.*

**MOCK TOASTED MARSHMALLOWS**

|                                           |                      |
|-------------------------------------------|----------------------|
| 1 tablespoon granulated gelatin <i>in</i> | 3 egg whites         |
| 1 cup boiling water                       | 1½ teaspoons vanilla |
| 1 cup sugar                               | Stale macaroons      |

Add sugar to gelatin and water; when dissolved, set bowl containing mixture in pan of ice water; add egg whites and vanilla and beat until thickened. Turn into shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; roll in macaroons (dried and rolled). *Serves 4 to 6.*

**GRAPE JUICE SPONGE**

|                                  |                    |
|----------------------------------|--------------------|
| 2 tablespoons granulated gelatin | 1 pint grape juice |
| 4 egg whites, beaten stiff       |                    |

Add gelatin to grape juice. Heat in double boiler until gelatin dissolves. Strain into bowl, sweeten to taste, and set bowl in ice water. When beginning to thicken, beat until light and fold in egg whites. *Serves 6.*

**Grape Charlotte.** Half fill individual molds (first dipped in cold water) with  $\frac{2}{3}$  of the sponge. To remainder add  $\frac{3}{4}$  cup heavy cream, beaten until stiff. Fill molds with cream mixture and chill. Remove from molds to serving dish and garnish with whipped cream. *Serves 8.*

**COFFEE SPONGE**

|                                            |                                  |
|--------------------------------------------|----------------------------------|
| 2 tablespoons granulated gelatin <i>in</i> | $\frac{2}{3}$ cup sugar          |
| $\frac{1}{4}$ cup cold water               | 3 egg whites, beaten until stiff |
| 2 cups strong hot coffee                   | Few grains salt                  |

Add soaked gelatin to hot coffee; add sugar and salt. Strain into bowl, set in pan of ice water. When beginning to thicken, beat until light and fold in egg whites. Mold, chill, and serve with cream, whipped or plain. *Serves 6.*

**Orange Sponge.** After soaking gelatin in cold water, dissolve in  $\frac{1}{2}$  cup boiling water. In place of coffee, add 1 cup orange juice and  $\frac{1}{2}$  cup lemon juice. If desired, add 2 tablespoons, each, grated orange and lemon rind.

## SPANISH CREAM

|                                 |                              |
|---------------------------------|------------------------------|
| 3 cups milk                     | $\frac{1}{4}$ teaspoon salt  |
| 1 tablespoon granulated gelatin | 1 teaspoon vanilla <i>or</i> |
| $\frac{1}{2}$ cup sugar (scant) | 3 tablespoons wine           |
| 3 egg yolks                     | 3 egg whites, beaten stiff   |

Scald milk with gelatin, add sugar, pour slowly on egg yolks, slightly beaten. Return to double boiler and cook until mixture coats spoon, stirring constantly. Remove from heat, add salt and flavoring. Fold in egg whites. (Mixture will separate so that there will be two distinct layers when cold.) Turn into individual molds, first dipped in cold water, chill, and serve with cream, orange marmalade, or Bar-le-Duc. Use  $1\frac{1}{2}$  tablespoons gelatin for a large mold. *Serves 6.*

**Chocolate Spanish Cream.** Scald milk with 1 square chocolate.

**Macaroon Cream.** Before adding egg whites, strain into bowl set in ice water, add  $\frac{2}{3}$  cup macaroons, dried and rolled, and stir until mixture begins to thicken. Fold in egg whites, mold, and chill. Add 1 tablespoon brandy, if liked. Garnish with whipped cream and macaroons.

**Peach Cabinet Pudding.** Drain 1 can peaches (No. 2), cut in quarters, sprinkle with powdered sugar, and add 2 tablespoons sherry and 1 tablespoon brandy. Let stand 1 hour. Drain off liquor and add to custard mixture. Line a mold with peaches, pour in custard, and chill.

## COFFEE SPANISH CREAM

|                                     |                                |
|-------------------------------------|--------------------------------|
| $1\frac{1}{2}$ cups coffee infusion | $\frac{1}{4}$ teaspoon salt    |
| $\frac{1}{2}$ cup milk              | 3 eggs                         |
| $\frac{2}{3}$ cup sugar             | $\frac{1}{2}$ teaspoon vanilla |
| 1 tablespoon granulated gelatin     |                                |

Mix coffee, milk, half the sugar and gelatin, and heat in double boiler. Add to remaining sugar mixed with salt, and egg yolks slightly beaten. Return to double boiler and cook until mixture coats spoon, stirring constantly. Remove from heat, add egg whites beaten until stiff, and vanilla. Mold, chill, and serve with cream, plain or whipped. *Serves 6.*

## BAVARIAN CREAM

|                                   |                              |
|-----------------------------------|------------------------------|
| 1¼ cups milk                      | ¼ cup cold water             |
| 2 egg yolks                       | 2 egg whites                 |
| 2 tablespoons sugar               | ½ pint cream                 |
| Few grains salt                   | 3 tablespoons powdered sugar |
| 1¼ tablespoons granulated gelatin | ¾ teaspoon vanilla           |
|                                   | Sponge cake                  |

Scald milk and add gradually to egg yolks, slightly beaten and mixed with sugar and salt. Cook over hot water, stirring constantly, until mixture thickens, then add gelatin, soaked in cold water. Strain and add egg whites, beaten until stiff. Set bowl in pan of ice water and stir, scraping from bottom and sides of pan, until mixture begins to thicken. Add cream, beaten until stiff and mixed with powdered sugar and vanilla. Line round paper cases with strips of sponge cake, using muffin rings to keep cases in shape. Fill with cream and chill. Remove from cases and garnish tops with 4 narrow strips of cake, radiating from center, and garnish center with a cube of jelly. Vary garnish as liked, using chopped toasted almonds, macaroon crumbs, etc. *Serves 6.*

## PINEAPPLE BAVARIAN CREAM

|                                |                                                      |
|--------------------------------|------------------------------------------------------|
| 3 egg yolks                    | ½ cup pineapple sirup                                |
| Grated rind 1 lemon            | 1 tablespoon granulated gelatin,<br><i>soaked in</i> |
| Juice 1 lemon                  | ⅓ cup cold water                                     |
| ½ cup sugar                    | ½ cup cream                                          |
| Few grains salt                | 3 egg whites                                         |
| ⅔ cup canned, sliced pineapple |                                                      |

Beat egg yolks slightly and add grated rind, lemon juice, pineapple sirup, sugar, and salt. Cook over hot water, stirring constantly until mixture thickens. Remove from range and add soaked gelatin and pineapple. Chill until mixture begins to thicken, add cream, beaten until stiff, and egg whites, beaten until stiff. Turn into a mold, garnished with pieces of canned, sliced pineapple and candied cherries, and chill thoroughly. Remove from mold to chilled serving dish and garnish with half slices of canned pineapple and candied cherries. Omit garnish if a simpler dessert is desired. *Serves 6 or more.*



**QUICK BAVARIAN CREAM**

|                                                     |                               |
|-----------------------------------------------------|-------------------------------|
| $\frac{1}{2}$ lemon, grated rind and juice          | 2 eggs                        |
| $\frac{1}{2}$ cup orange juice <i>or</i> white wine | 1 teaspoon granulated gelatin |
| $\frac{1}{3}$ cup sugar                             | 1 tablespoon cold water       |

Mix lemon, orange juice or wine, sugar, and egg yolks; stir vigorously over fire until mixture thickens, add gelatin soaked in water, then pour over egg whites beaten stiff. Set in pan of ice water and beat until thick enough to hold its shape. Turn into a mold lined with lady fingers and chill. *Serves 4.*

**CHARLOTTE RUSSE I**

|                                  |                            |
|----------------------------------|----------------------------|
| 1 egg white                      | 1 cup heavy cream, whipped |
| $\frac{1}{4}$ cup powdered sugar | Flavoring                  |

Beat egg white until stiff, fold in sugar, then cream. Flavor with vanilla, coffee essence, brandy, or sherry. Line dessert glass with lady fingers or thin strips of sponge cake and fill with mixture. For variety, arrange a bit of preserved fruit in each glass. Chill. *Serves 4.*

**Nut Brittle Whip.** Omit sugar. Add pounded and sifted peanut brittle to taste.

**CHARLOTTE RUSSE II**

|                                 |                                              |
|---------------------------------|----------------------------------------------|
| 1 tablespoon granulated gelatin | $\frac{1}{3}$ cup powdered sugar             |
| $\frac{1}{4}$ cup cold water    | $\frac{1}{2}$ pint cream, beaten until stiff |
| $\frac{1}{2}$ cup scalded milk  | $1\frac{1}{2}$ teaspoons vanilla             |
| 6 lady fingers                  |                                              |

Soak gelatin in cold water, dissolve in scalded milk, strain into a bowl, and add sugar and vanilla. Set bowl in pan of ice water and stir mixture constantly until it begins to thicken, then beat until fluffy and beat in  $\frac{1}{3}$  of cream. Fold in remaining cream. Mold and chill. Turn on serving dish and garnish with lady fingers and whipped cream. Charlotte Russe may be made in individual molds. Garnish top with some of mixture forced through a pastry bag and tube. *Serves 4 to 6.*

**Caramel Charlotte.** Use granulated sugar, caramelize (p. 9), and add to scalded milk. Stir until dissolved before adding to gelatin. Add powdered sugar to taste.

**Burnt Almond Charlotte.** Make Caramel Charlotte, adding

$\frac{1}{2}$  cup blanched, toasted, and finely chopped almonds before folding in cream.

**Chocolate Charlotte.** Melt  $1\frac{1}{2}$  squares chocolate over hot water, add 3 tablespoons hot water and  $\frac{1}{3}$  cup powdered sugar. Add to gelatin mixture while hot. Sprinkle with slivers of milk chocolate and garnish with whipped cream around base of mold.

**Mocha Charlotte.** Flavor with coffee essence or use strong hot coffee in place of scalded milk.

**Marron Charlotte.** Add to Caramel Charlotte  $\frac{1}{2}$  cup marrons, broken in pieces. Garnish with whipped cream and marrons. Pour over marron sirup flavored with sherry or rum.

**Peanut Butter Charlotte.** Scald 3 tablespoons peanut butter with milk. Sprinkle with chopped peanuts.

**Chocolate Rum Charlotte.** Add 3 tablespoons rum before adding cream. Before molding, fold in 1 square unsweetened chocolate, grated.

### BANANA CHARLOTTE

|                                                        |                                                      |
|--------------------------------------------------------|------------------------------------------------------|
| 4 bananas, peeled, mashed,<br>and rubbed through sieve | 1 tablespoon sherry or 1 teaspoon vanilla            |
| 2 oranges                                              | $\frac{2}{3}$ cup powdered sugar                     |
| 1 tablespoon lemon juice                               | 1 tablespoon granulated gelatin,<br><i>soaked in</i> |
| $\frac{1}{2}$ pint heavy cream                         | $\frac{1}{4}$ cup cold water                         |

Add pulp and juice of oranges to banana pulp. Add lemon juice, sherry, sugar, and gelatin dissolved over boiling water. Cool, stirring constantly, and fold in cream, beaten stiff. *Serves 4 to 6.*

### ORANGE CHARLOTTE

|                                               |                             |
|-----------------------------------------------|-----------------------------|
| $1\frac{1}{3}$ tablespoons granulated gelatin | 3 tablespoons lemon juice   |
| $\frac{1}{3}$ cup cold water                  | 1 cup orange juice and pulp |
| $\frac{1}{3}$ cup boiling water               | 3 egg whites                |
| 1 cup sugar                                   | $\frac{1}{2}$ pint cream    |

Soak gelatin in cold water, dissolve in boiling water, strain, and add sugar, lemon juice, orange juice, and pulp. Chill in pan of ice water; when quite thick, beat with wire spoon or whisk until frothy, then add egg whites beaten stiff and fold in whipped cream. Line a mold with sections of oranges, turn in mixture, smooth evenly, and chill. *Serves 6.*

**Strawberry Charlotte.** Use strawberry juice in place of orange juice. Reduce lemon juice to 1 tablespoon.

### CHARLOTTE BASKETS

Bake Cream Sponge Cake (p. 629) in buttered individual tins. Cool, remove centers, and fill with any Charlotte mixture or ice cream. Cake may be baked in individual Mary Ann tins. Decorate with border of whipped cream put on with pastry bag and tube and insert strips of Angelica to represent handles.

**Strawberry Baskets.** Fill with perfect strawberries. Pour over melted currant jelly or strawberry sirup.



*Strawberry Baskets for a Party*

### MAPLE CHARLOTTE

1 tablespoon gelatin

$\frac{1}{4}$  cup cold water

$\frac{3}{4}$  cup hot maple sirup

2 cups heavy cream, whipped

Soak gelatin 5 minutes in water, add to sirup, and stir until dissolved. Cool, fold in cream. Fill wet mold or paper cups lined with lady fingers. Chill thoroughly. *Serves 6 to 8.*

## PINEAPPLE CHARLOTTE

|                                                |                                       |
|------------------------------------------------|---------------------------------------|
| 1 cup crushed pineapple                        | Few grains salt                       |
| $\frac{1}{2}$ cup pineapple juice              | $1\frac{1}{2}$ tablespoons granulated |
| 1 tablespoon lemon juice                       | gelatin, <i>soaked in</i>             |
| 2 tablespoons sugar                            | $\frac{1}{4}$ cup cold water          |
| 1 glass red Bar-le-Duc currants,<br>if desired | $\frac{1}{2}$ pint cream              |

Drain pineapple. Add fruit juices, sugar, salt, and gelatin. Heat mixture until gelatin dissolves. Remove from heat, set in pan of ice water. When mixture begins to thicken, fold in cream beaten until stiff, and currants. Turn into a slightly oiled mold. Chill.

*Serves 6.*

## COTTAGE PUDDING

|                          |                             |
|--------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ cup milk      |
| $\frac{1}{2}$ cup sugar  | $1\frac{1}{2}$ cups flour   |
| 1 egg, well beaten       | *2 teaspoons baking powder  |
|                          | $\frac{1}{2}$ teaspoon salt |

\*Tartrate or phosphate type. Use  $1\frac{1}{2}$  teaspoons combination type.

(For a richer cake, use Two-Egg Cake, p. 634.)

Cream butter, add sugar gradually, and egg; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture. Turn into buttered shallow cake pan, 8 X 8 inches, small angel-cake pan, or individual tins and bake in moderate oven (350° F.). Serve warm with Vanilla Sauce (p. 590), Hard Sauce (p. 588), Lemon Sauce (p. 590), Orange Sauce (p. 592), Melba Sauce (p. 592), or with strawberries (sweetened and slightly mashed), stewed blueberries, or peaches. Top with whipped cream, if desired. *Serves 6.*

**Apple Pan Dowdy.** Arrange 2 cups sliced apples in bottom of buttered baking dish. Sprinkle with  $\frac{1}{4}$  cup molasses or brown sugar and  $\frac{1}{4}$  teaspoon, each, nutmeg, cinnamon, and salt. Bake until apples are soft. Pour over Cottage Pudding batter and continue baking. Serve apple side up. Serve with Hard Sauce (p. 588), Hard Sauce with Cream (p. 588), or whipped cream, etc. *Serves 6.*

**Upside Down Cake.** Melt  $\frac{1}{4}$  to  $\frac{1}{2}$  cup butter in heavy frying pan or cake pan and add 1 cup brown sugar. Sprinkle with pecan nut meats, if desired. Arrange drained canned pineapple slices or peach halves close together on sugar. Pour in Cottage Pudding batter. Serve fruit side up. Garnish with whipped cream. *Serves 6.*

### JELLY PANACHÉ

Cut Jelly Roll (p. 629) in  $\frac{1}{2}$ -inch slices. Line a Charlotte Russe mold with slices and fill with Strawberry Charlotte (p. 543) or Pineapple Charlotte (p. 545). *Serves 6 to 8.*

### CHOCOLATE COTTAGE PUDDING

Bake Chocolate Cake (p. 638) in an angel-cake pan, remove from pan, cool, fill center with whipped cream, sweetened and flavored, and pour around Thin Chocolate Sauce (p. 585). Or, bake in shallow cake pan and cut in squares. Serve either hot or cold.

### PEACH COBBLER

|                         |                          |
|-------------------------|--------------------------|
| 1 egg, well beaten      | 2 cups sliced peaches    |
| $\frac{2}{3}$ cup sugar | $\frac{1}{4}$ cup butter |

Baking Powder Biscuit (p. 86) or Cottage Pudding (p. 545)

Mix egg, sugar, and peaches. To give added flavor, put 2 peach pits with peaches. Spread in buttered baking dish, dot over with butter. Cover with biscuit dough. Bake in hot oven (450° F.). Serve with any of the following: Butterscotch Sauce (p. 584), Hard Sauce (p. 588), with cream (p. 588), Hot Orange Sauce (p. 590), Lemon Sauce (p. 590), Soft Custard (p. 510), whipped cream flavored with cinnamon and sugar. *Serves 6.*

### APPLE, PEACH, or APRICOT DUMPLINGS

Roll or pat Baking Powder Biscuit (p. 86) or Shortcake mixture  $\frac{1}{4}$  inch-thick. Cut in 4-inch squares. Place whole fruit, pared and cored or pitted, in middle of squares. Fill fruit with sugar mixed with cinnamon or nutmeg. Sprinkle with grated cheese or dot over with butter. Draw 4 corners of dough together on top of fruit. Pinch edges together. Prick with fork and bake 30 minutes in moderate oven (350° F.). Serve with Hard Sauce (p. 588), Foamy Sauce I or II (p. 587), or Lemon Sauce (p. 590).

### NEW YORK SHORTCAKE

Bake One-Egg Cake (p. 632), Two-Egg Cake (p. 634), or Gold Cake (p. 636) in layer cake tins or individual tins. Cool, split, and put fruit (see suggestions opposite) between and on top. Garnish with whipped cream.



## SHORTCAKE

|                             |                                           |
|-----------------------------|-------------------------------------------|
| 2 cups flour                | 1 tablespoon sugar                        |
| *4 teaspoons baking powder  | $\frac{1}{4}$ to $\frac{1}{3}$ cup butter |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup milk                    |
| Few grains nutmeg, if liked |                                           |

\* Tartrate or phosphate type. Use 2 teaspoons combination type.

For a richer shortcake, increase sugar to  $\frac{1}{4}$  cup, reduce milk to  $\frac{1}{3}$  cup, and add 1 egg or 2 yolks, well beaten.

Mix dry ingredients, sift twice, work in butter with pastry mixer, fork, or finger tips, and add milk gradually until of consistency to handle. Turn out on floured board or pastry cloth and divide in two parts. Pat, roll out, and put half in buttered round tin. Spread lightly with melted butter and place other half on top. Or cut out with large biscuit cutter and arrange on buttered cooky sheet.

**Bake** 12 minutes in hot oven (450° F.).

**To Serve.** Split with fork and spread with butter. Spread fruit between layers and on top. Serve with heavy cream, plain or whipped, or cover with whipped cream, using pastry bag and tube, if desired. Garnish with a few perfect berries, if used. Cream may be put between layers as well as on top. *Serves 6.* For fruit, use:

**Applesauce**, preferably warm.

**Bananas**, sliced and sprinkled with sugar and lemon juice.

**Blueberries**, stewed and served warm.

**Peaches or Apricots**, sliced and sweetened, fresh or canned.

**Raspberries**, slightly crushed and sweetened to taste.

**Strawberries**, slightly crushed and sweetened to taste. Warm.

## DUTCH APPLE CAKE or KUCHEN

Spread any shortcake mixture or Lightning Cake (p. 632)  $\frac{3}{4}$  inch thick in buttered round or oblong pan. Pare 5 sour apples and core, cut in eighths, and press sharp edges of apples into dough in parallel rows lengthwise of pan. Sprinkle with  $\frac{1}{2}$  cup sugar mixed with  $\frac{1}{2}$  teaspoon cinnamon, also 2 tablespoons currants or seedless raisins, if liked. Bake in moderate oven (350° F.). Serve with Hard Sauce (p. 588), Soft Custard (p. 510), or Lemon Sauce (p. 590), or with whipped cream. *Serves 6 to 8.*

**Plum, Peach, or Apricot Kuchen.** Use stoned plums, peaches, or apricots in place of apples.

**APPLE or PLUM CAKE**

Line shallow oblong pan with German Sweet Pastry (p. 599) having rim about  $\frac{3}{4}$  inch high. Fill with stewed and strained apples or plums, sweetened to taste. Bake in hot oven (400° F.).

**BABA CAKES**

|                                   |                          |
|-----------------------------------|--------------------------|
| 1½ cups flour                     | $\frac{2}{3}$ cup butter |
| 1 yeast cake, <i>dissolved in</i> | 4 eggs                   |
| $\frac{1}{2}$ cup lukewarm water  | $\frac{1}{2}$ cup sugar  |
| $\frac{1}{4}$ teaspoon salt       |                          |

Add  $\frac{1}{2}$  cup flour to yeast cake; cover and let rise. Mix remaining flour with butter, 2 eggs, sugar, and salt. Beat thoroughly. Beat in remaining eggs, 1 at a time, then beat until mixture is perfectly smooth. Let sponge double its bulk, combine mixtures, beat thoroughly, and half fill buttered individual tins. Let rise. Bake in a moderate oven (350° F.).

**With Apricots.** Remove from tin, cut a circular piece from top of each, and scoop out a small quantity of the inside. Fill centers thus made with Apricot Marmalade. Replace circular pieces and serve with Wine Sauce (p. 589) or Lemon Sauce (p. 590).

**Baba Cakes au Rhum.** Cook  $\frac{1}{2}$  cup sugar with 1 cup water 5 minutes and add  $\frac{1}{4}$  cup rum. Dip Baba Cakes in sauce and pour remaining sauce around them.

**CHOCOLATE ROLL**

|                      |                               |
|----------------------|-------------------------------|
| 5 egg yolks          | 5 egg whites                  |
| 1 cup powdered sugar | Whipped cream                 |
| 3 tablespoons cocoa  | Thin Chocolate Sauce (p. 585) |

Beat yolks until thick, add sugar, and beat thoroughly. Add cocoa, fold in stiffly beaten whites. Spread in buttered and floured dripping pan, 9 × 13 inches, and bake about 20 minutes in moderate oven (350° F.). Turn out on floured cloth. Cover with damp cloth. Cool, spread with whipped cream. Roll. Serve with Chocolate Sauce. *Serves 6.*

**Hungarian Chocolate Cake.** When baked, cut in 4 even pieces. Spread 3 with whipped cream and stack evenly (no cream on top piece). Melt 2 squares chocolate in double boiler, add  $\frac{1}{2}$  cup confectioners' sugar and 1 tablespoon hot water. Blend well, add 1 egg, beat until smooth, add 3 tablespoons butter, and spread over top and sides of cake.

**MERINGUE or ANGEL PIE**

|                             |                                        |
|-----------------------------|----------------------------------------|
| 4 egg whites                | $\frac{1}{4}$ teaspoon cream of tartar |
| 1 cup fine granulated sugar | $\frac{1}{2}$ teaspoon vanilla         |

Beat egg whites until stiff. Beat in cream of tartar and sugar, a spoonful at a time. Beat in vanilla, drop by drop, and continue beating a few minutes. Spread in buttered 9-inch pie plate, having mixture higher around edge. Bake 10 minutes at 275° F., then 30 minutes longer at 250° F.

If desired, spread with  $\frac{1}{2}$  cup heavy cream, whipped, and let stand several hours or overnight. This makes a softer, richer base. Cover with crushed, sweetened strawberries, crushed pineapple and whipped cream, or  $\frac{3}{4}$  cup apricot pulp folded into 1 cup cream, whipped and sweetened. *Serves 6.*

**Lemon or Orange.** Beat 4 yolks until thick with 4 tablespoons sugar and 4 tablespoons lemon juice or 4 tablespoons orange juice and 1 tablespoon lemon juice. Cook over hot water until thick. Cool and spread on angel pie. Cover with thin layer of unsweetened whipped cream.

**ALMOND TART**

|                                    |                                            |
|------------------------------------|--------------------------------------------|
| 4 eggs                             | $\frac{1}{2}$ cup Jordan almonds, blanched |
| 1 cup powdered sugar               | or not and finely chopped                  |
| $\frac{1}{3}$ cup grated chocolate | 1 teaspoon baking powder                   |
|                                    | $\frac{3}{4}$ cup cracker dust             |

Beat egg yolks until thick and lemon-colored; add sugar gradually; then fold in egg whites beaten until stiff and dry. Add chocolate, almonds, baking powder, and cracker dust. Bake in buttered round pan or individual tins. Cool, split, and put whipped cream, sweetened and flavored, between and on top. *Serves 6.*

**MOCHA TORTE**

|                            |                              |
|----------------------------|------------------------------|
| 4 egg yolks                | $\frac{3}{4}$ cup cake flour |
| 1 cup powdered sugar       | 1 teaspoon baking powder     |
| 1 tablespoon strong coffee | 4 egg whites, beaten stiff   |

Beat yolks until lemon-colored, beat in sifted sugar. Add coffee (cold) and flour sifted with baking powder. Fold in egg whites. Bake in 2 layer-cake tins, in moderately slow oven (325° F.). Put together with whipped cream, sweetened and flavored with strong coffee or coffee essence. *Serves 6 to 8.*

**CARROT TORTE**

|                         |                            |
|-------------------------|----------------------------|
| 4 eggs                  | Juice $\frac{1}{2}$ lemon  |
| 1 cup sugar             | $\frac{1}{2}$ cup flour    |
| 1 cup raw grated carrot | 1 teaspoon baking powder   |
| Grated rind 1 lemon     | 1 cup heavy cream, whipped |

Large, dry carrots are best for this dessert.

Beat egg yolks until thick and lemon-colored, beat in sugar. Add carrot, lemon rind, and juice. Add flour and baking powder, mixed and sifted together. Fold in egg whites, beaten stiff. Bake in 2 layer-cake pans in moderate oven ( $350^{\circ}$  F.). Put together with whipped cream. Spread cream on top. *Serves 6.*

**DATE AND NUT TORTE**

|                     |                                |
|---------------------|--------------------------------|
| 1 cup chopped dates | 1 cup sugar                    |
| 1 teaspoon soda     | 2 eggs, well beaten            |
| 1 cup boiling water | 1 cup flour, sifted            |
| 1 tablespoon butter | 1 cup nut meats, cut in pieces |

Add soda to dates, pour over boiling water, and allow to stand 1 hour. Cream butter, add sugar, eggs, flour, dates, and nut meats. Spread in buttered pan  $\frac{3}{4}$  inch thick and bake 40 minutes in moderately slow oven ( $325^{\circ}$  F.). Cut in squares and serve with whipped cream. *Serves 8.*

**HAZELNUT TORTE**

|                                             |                                      |
|---------------------------------------------|--------------------------------------|
| 4 egg yolks                                 | $1\frac{3}{4}$ cups mashed potatoes, |
| $\frac{5}{8}$ cup sugar                     | packed lightly                       |
| $\frac{2}{3}$ cup roasted hazelnuts, ground | 1 tablespoon vanilla                 |
| 2 tablespoons rum                           | 4 egg whites                         |

Beat yolks until thick and lemon-colored with sugar, fold in nuts, rum, potatoes, and vanilla. Fold in whites, beaten until stiff but not dry. Bake in unbuttered 8-inch spring form  $1\frac{1}{2}$  hours in moderately slow oven ( $325^{\circ}$  F.). Serve with whipped cream sprinkled with chopped hazelnuts. *Serves 8.*

## MERINGUE TORTE

|                                                |                                                 |
|------------------------------------------------|-------------------------------------------------|
| $\frac{1}{2}$ cup butter                       | 5 tablespoons milk                              |
| $\frac{1}{2}$ cup sugar                        | $\frac{1}{2}$ teaspoon vanilla <i>or</i> almond |
| 4 egg yolks                                    | flavoring                                       |
| $1\frac{1}{3}$ cups cake flour, sifted 3 times | 4 egg whites                                    |
| $1\frac{1}{3}$ teaspoons baking powder         | $\frac{1}{8}$ teaspoon cream of tartar          |
| 1 cup sugar                                    |                                                 |

Cream butter, beat in sugar and egg yolks, one at a time. Mix and sift flour and baking powder. Add alternately with milk to first mixture. Add flavoring. Spread in 2 shallow cake pans lined with waxed paper. Beat egg whites until stiff, add cream of tartar, and beat in sugar slowly. Spread over cakes. Bake 25 minutes at 250° F., then 20 minutes longer at 350° F. Cool. Spread with whipped cream or crushed sweetened strawberries and whipped cream or heavy sour cream, etc. *Serves 8.*

## SPONGE FRITTERS

|                                               |                                 |
|-----------------------------------------------|---------------------------------|
| $2\frac{2}{3}$ cups flour                     | $\frac{1}{3}$ cup melted butter |
| $\frac{1}{3}$ cup sugar                       | $\frac{1}{4}$ teaspoon salt     |
| $\frac{1}{8}$ cup scalded milk                | 2 eggs                          |
| $\frac{1}{3}$ yeast cake, <i>dissolved in</i> | Grated rind $\frac{1}{2}$ lemon |
| 2 tablespoons lukewarm water                  | Quince marmalade                |
| Currant jelly                                 |                                 |

Make a sponge of  $\frac{1}{3}$  cups flour, sugar, milk, and dissolved yeast cake; let rise to double its bulk. Add remaining ingredients, except jelly and marmalade, and let rise again. Toss on a floured board, roll  $\frac{1}{4}$  inch thick, shape with a small biscuit cutter (first dipped in flour), cover, and let rise on board. Take each piece and hollow in center to form a nest. In half the pieces put  $\frac{1}{2}$  teaspoon of currant jelly and quince marmalade mixed in the proportion of 1 part jelly to 2 parts marmalade. Brush edges of filled pieces with milk. Cover with unfilled pieces and press edges closely together with fingers first dipped in flour. If this is not carefully done, fritters will separate during frying. Fry (p. 552) and sprinkle with powdered sugar. Other marmalades and jellies may be used. *Serves 6 or more.*



## FRUIT FRITTERS

*Apples, Bananas, Peaches, or Pineapple, etc.*

|                             |                                  |
|-----------------------------|----------------------------------|
| 1 cup bread flour, sifted   | 2 eggs                           |
| $\frac{1}{2}$ teaspoon salt | 1 tablespoon olive oil <i>or</i> |
| $\frac{2}{3}$ cup milk      | melted butter                    |

**To Vary.** Add 1 tablespoon lemon juice or wine. For a sweet batter, add 2 tablespoons sugar.

**To Prepare Batter.** Beat egg yolks until thick and lemon-colored, add milk, olive oil or butter, and lemon juice or wine, if used. Add flour, salt, and sugar, if used. Stir only until blended. Fold in egg whites, beaten until stiff but not dry.

**To Prepare Fruit**

*Apples.* Peel, core, cut in  $\frac{1}{2}$ -inch slices. If desired, soak 2 hours in wine or lemon juice and powdered sugar.

*Bananas.* Peel, cut into halves lengthwise, then into quarters.

*Peaches, Apricots, etc.* Drain (if canned) or peel, remove pits, and cut in halves. Dredge lightly with flour.

*Pineapple.* Drain canned pineapple slices and cut in halves. Dredge lightly with flour.

*Oranges.* Peel, separate into sections. Remove seeds from each section, making smallest possible opening.

**To Fry.** Heat fat to 370° F. or until hot enough to brown an inch cube of bread in 1 minute. Put prepared fruit in batter, take up with long-handled fork (letting surplus batter drain into bowl), and carefully lower into fat. Fry until delicately brown (3 to 5 minutes). Remove with skimmer and drain on crumpled unglazed paper.

**To Serve.** Sprinkle with powdered sugar and serve hot with Lemon Sauce (p. 590), Melba Sauce (p. 592), or Maraschino Sauce (p. 591). Fruit fritters may also be served as accompaniments to chicken, etc. (omit sugar in batter).

MARMALADE *or* JAM FRITTERS

Cut slices of bread in 1-inch squares (no crusts). Put together in pairs with strawberry jam or marmalade. Dip in fritter batter and fry.

**CHERRY FRITTERS**

|                              |                                        |
|------------------------------|----------------------------------------|
| 2 cups scalded milk          | $\frac{1}{4}$ teaspoon salt            |
| $\frac{1}{4}$ cup cornstarch | $\frac{1}{4}$ cup cold milk            |
| $\frac{1}{4}$ cup flour      | $\frac{1}{2}$ cup maraschino cherries, |
| $\frac{1}{2}$ cup sugar      | cut in halves                          |
| 3 egg yolks, well beaten     |                                        |

Mix cornstarch, flour, sugar, and salt. Dilute with cold milk and add yolks. Add gradually to scalded milk and cook 15 minutes in double boiler. Add cherries, pour into a buttered shallow tin, and cool. Turn on a floured board, cut in squares, dip in flour, egg, and crumbs, fry like Croquettes (p. 415). Serve with Maraschino Sauce (p. 591). *Serves 6.*

**COFFEE FRITTERS, COFFEE CREAM SAUCE**

|                                                   |                             |
|---------------------------------------------------|-----------------------------|
| Stale bread, cut in $\frac{1}{2}$ -inch<br>slices | $\frac{1}{4}$ teaspoon salt |
| $\frac{3}{4}$ cup coffee infusion                 | 1 egg, slightly beaten      |
| 2 tablespoons sugar                               | $\frac{1}{4}$ cup cream     |
|                                                   | Coffee Cream Sauce (p. 586) |

Remove crusts, cut bread in half-inch strips. Mix coffee, sugar, salt, egg, and cream. Dip bread in mixture. Crumb, fry, and drain (*see* p. 415). Serve with sauce.

**CREAM PUFF or CHOUX PASTE**

|                                 |                               |
|---------------------------------|-------------------------------|
| $\frac{1}{4}$ cup butter        | $\frac{1}{2}$ cup bread flour |
| $\frac{1}{2}$ cup boiling water | 2 eggs, unbeaten              |

Add butter to water, heat until butter melts, add flour all at once, and stir vigorously until ball forms in center of pan. Remove from fire and let stand 5 minutes. Add eggs one at a time, beating after adding each egg. Mixture should be very stiff. Makes 8 large puffs, 18 small ones, or 36 hors d'oeuvre size.

**Cream Puffs or Cream Cakes.** Shape on buttered cooky sheet by dropping from spoon or using pastry bag and tube. Bake until free from beads of moisture (40 to 45 minutes), in moderately hot oven (375° F.). If in doubt, remove one from oven to test. Fill with whipped cream, Cream Filling (p. 660), Chocolate Cream Filling (p. 660), Coffee Cream Filling (p. 660), or Strawberry Cream Filling (p. 664).

(*Cream Puffs, continued*)

**Éclairs.** Shape with pastry bag and tube 1 by 4½ inches. Bake. Split, and fill as desired. Frost with Confectioners' Frosting (p. 652) or add ⅓ cup melted Fondant (p. 714) to frosting and dip tops of Éclairs in hot frosting.

**Chocolate Pâte à Choux Rings.** Shape in rings 3½ inches in diameter. Bake, cool, split, and fill with whipped cream. Cover with Rich Chocolate Frosting (p. 652) and sprinkle with blanched and shredded Jordan almonds.

**Queen Fritters.** Drop by spoonfuls into deep fat (375° F.) and fry until delicately brown. Fill with preserve or marmalade or Chocolate Cream Filling (p. 660). Sprinkle with powdered sugar or serve with Vanilla Sauce (p. 590). *Makes 12 fritters.*

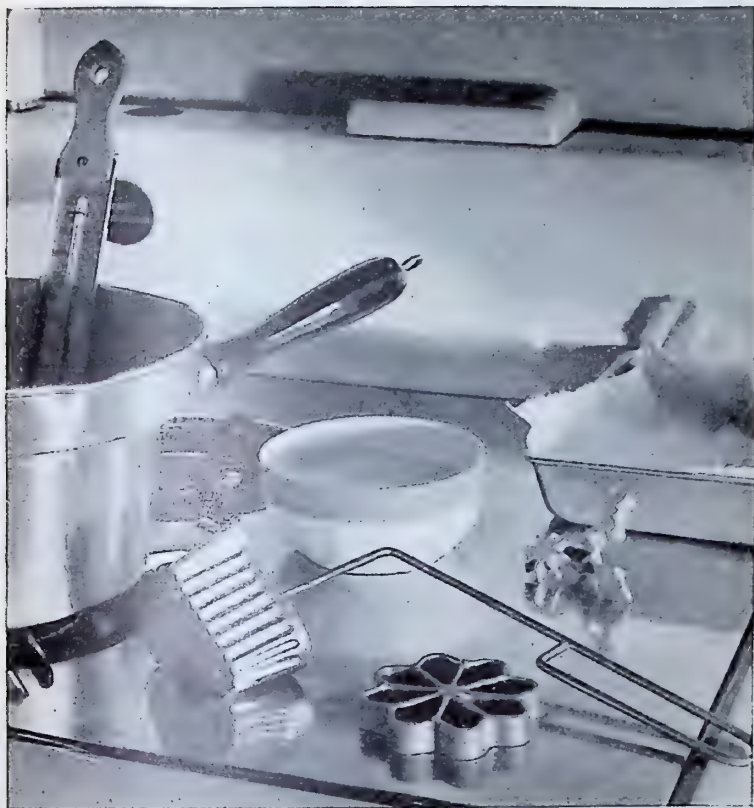
## SWEDISH TIMBALES AND ROSETTE CASES

|                  |                              |
|------------------|------------------------------|
| ¾ cup flour      | ¾ cup milk                   |
| ½ teaspoon salt  | 2 egg yolks, slightly beaten |
| 1 teaspoon sugar | 1 tablespoon olive oil       |

**To Mix.** Sift dry ingredients; add milk gradually, egg yolks and olive oil. Let stand overnight if possible, thus preventing bubbles. Put into cup or small deep bowl.

**To Fry.** Put timbale or rosette iron into cold fat, having fat deep enough more than to cover iron. Heat to 375° F., remove iron from fat, drain a moment on soft paper, and lower into cup of batter to not more than ¾ depth of iron. Lower into hot fat and fry until delicately brown. Remove from fat, slip timbales from iron, and drain, inverted, on soft paper. If batter will not cling to iron, fat is not at the right temperature. It may be either too hot or too cold. Rosettes are difficult to remove from iron unless they are pried off as soon as sufficiently cooked to be firm; drop into fat to finish frying, turn to brown evenly, take out of fat with a flat whisk, and drain. Use a pan with heavy bottom to keep fat evenly hot. *Makes 18 or more*, which may be used for any creamed dish as well as for desserts.

**Bunuelos.** Use a rosette iron. Serve with cooked fruit and whipped cream, or with strawberries sprinkled with powdered sugar.



*Timbale Irons Come in a Variety of Shapes and Sizes*

### CORN FLAKE BUTTERSCOTCH RING

1 cup brown sugar  
1½ tablespoons light  
corn sirup

⅓ cup milk  
3 tablespoons butter  
4 cups corn flakes

Cook sugar, sirup, milk and butter to soft ball stage (238° F.). Butter mixing bowl, pour in sirup, add flakes and stir until well mixed. Pack in a well-buttered 8-inch ring mold or 8 small molds. Cool, turn out and fill with ice cream or fruit and whipped cream.  
*Serves 8.*

## CHAPTER 26

# Frozen Desserts

### DEFINITIONS

**Ice or Sherbet.** Generally made of fruit juices sweetened and combined with water, milk, or cream. Ices and sherbets are frozen until firm.

**Frappé or Sorbet.** Same mixture frozen to a mush.

**Ice Cream.** Frozen dessert made of cream, sweetened and flavored, with or without a custard base or other thickening. **Philadelphia Ice Cream** has no added thickening. **French Ice Cream** is made with egg yolks as thickening.

**Mousse or Parfait.** A whipped-cream dessert frozen without stirring. A *mousse* may or may not have a foundation thickened with gelatin or other material. A *parfait* has a foundation of sirup cooked with beaten egg whites or yolks. All these mixtures may be frozen by packing in drawer of mechanical refrigerator.

**Bombe or Mold.** A frozen dessert made by freezing two mixtures in a mold, one as coating, the other as center. For details see p. 578.

### FREEZER METHOD

#### Equipment

1. **Freezer.** Select one of good quality which will pack and drain easily.
  2. **Ice shaver and tub or wooden mallet and canvas bag.**
  3. **Scoop or large measure** for measuring ice and salt.
  4. **Heavy cloth or newspaper** to cover freezer after freezing is completed. Or ice cream may be packed in mechanical refrigerator.
  5. **Coarse rock salt.**
  6. **Ice or snow.** It is a convenience to have the ice man deliver crushed ice.
  7. **Molds.** Round, brick or melon, or small individual ones.
  8. **Ice cream scoop,** if ice cream is to be served from freezer can.
- Preparation for Freezing.** Crush ice with shaver or put ice in canvas bag and crush with mallet until pieces are about size of



rock salt. Measure. Prepare three to six parts ice to one of salt for Ice Creams, Water Ices, and Sherbets. The smaller proportion of salt to ice results in a somewhat finer grain but is slower to freeze. Prepare equal parts ice and salt for Mousses (frozen without stirring) and Frappés.

Chill both can and mixture to be frozen in refrigerator for 1 hour before freezing.

**To Freeze Ice Creams, Sherbets, etc.** Place can in tub, put in dasher, fill can  $\frac{2}{3}$  full of mixture (to allow for expansion during freezing), cover, and adjust top and crank. Turn once or twice to be sure all is in place.

Fill tub  $\frac{1}{3}$  full of crushed ice. Put in remaining ice and salt in alternate layers to top of can. Pack solidly, forcing down with mallet handle or wooden spoon. If small quantity is being frozen, pack in ice and salt only slightly above level of mixture in can. If snow is used and is not quickly acted upon by salt, pour in 1 cup water.

Let stand 5 minutes, then begin turning crank slowly and steadily to insure smooth, fine-grained cream. After frozen to a mush (5 to 10 minutes), turn crank more rapidly until it turns with difficulty, showing that mixture is frozen solid. Add more ice and salt if necessary, using same proportions.

If ice cream is granular, too much salt was used in freezing, the can was too full, or the crank was turned too rapidly.

**To Freeze Mousses, Parfaits, etc. (without Stirring).** Fill molds to overflowing, cover with buttered paper and with tight cover. Bind on cover with strip of cloth dipped in melted fat (not oil). Lamb fat may be used. Individual molds may be covered with double thickness of wax paper held in place with elastic bands. Pack molds in ice and salt, using equal amounts, having ice and salt under, over, and around the molds. Let stand until firm, turning off the salt water as it accumulates, before it reaches the top of the molds. Leave 2 hours if in small molds, 3 to 4 hours if in larger molds.

**To Pack.** Draw off water, wipe off lid, remove, and lift out dasher. Pack mixture solidly down with spoon. Put cork in opening of cover or put on solid cover. Repack freezer, using 4 parts ice to 1 part salt. Cover with newspapers or heavy cloth or piece of carpet. Let stand at least 30 minutes before serving, 2 hours if possible.

## IN MECHANICAL REFRIGERATOR

Be sure the temperature of the refrigerator is sufficiently low for freezing desserts. The motor may be set correctly for proper refrigeration and yet not low enough for freezing. A temperature-control feature allows temporary adjustment.

There is a small electric freezer on the market which fits into the ice-cube compartment of a mechanical refrigerator. It has a dasher and therefore produces very smooth ice cream.

**To Freeze Mousses, Parfaits, etc.** (desserts requiring no stirring). Pack in drawer and leave until firm.

**To Freeze Ice Creams.** Recipes which require continuous stirring must be adapted to be made successfully in refrigerator. For some refrigerators, the proportion of sugar to liquid must be kept low — not more than 1 to 4. Corn sirup may be substituted for  $\frac{1}{3}$  of the sugar. A small amount of gelatin — 1 level teaspoon to each cup of liquid — helps freeze mixture more smoothly. Beaten egg whites help make the mixture light. Beat cream until stiff before adding.

Pour mixture into drawer. Chill thoroughly. Remove, pour into chilled bowl, beat well with egg beater, return to drawer, and continue freezing. When mixture begins to freeze around edges, remove and beat once more. Return to drawer and leave until solid. Exact time cannot be given but about 3 hours is usually required. After cream is frozen, return refrigerator temperature to normal and leave cream in drawer to ripen until ready to serve.

Recipes especially suited to refrigerator freezing are:

|                                  |                                 |
|----------------------------------|---------------------------------|
| Apricot Cream Sherbet (p. 561)   | Refrigerator Ice Cream (p. 564) |
| Orange Cream Sherbet (p. 562)    | Burnt Walnut Bisque (p. 569)    |
| Pineapple Cream Sherbet (p. 562) | Frozen Orange Soufflé (p. 568)  |

Vanilla Mousse I, II, and III (pp. 570, 571) and other mousses and parfaits.

**To Pack.** Pack homemade or commercial ice cream in individual molds or paper cups and decorate with fruit, nuts, or whipped cream put on with pastry bag and tube (p. 651). Freezing tray or a mold may be lined with ice cream, the center filled with whipped cream, sweetened, flavored, and colored, or decorated with fruits or nuts. Set molds in the freezing compartment and leave until serving time.

**TO SERVE ICE CREAM**

Serve from can with ice cream scoop or wipe can carefully and let stand 1 minute in cool water, remove cover, run knife around edge of cream, and invert on serving dish. For convenience in serving, cut in slices. If frozen mixture does not slip out easily, wipe can with cloth wrung out of hot water.

Serve plain or with a sauce (p. 584 ff.), crushed fruit, or Branded Peaches (p. 742), etc.

**CAFÉ FRAPPÉ**

4 cups fresh, hot coffee      1 cup sugar

Add sugar to coffee, cool, and freeze.\* Serve in frappé glasses, with spoonful of whipped cream on top. *Makes 1½ quarts.*

**LEMON ICE**

4 cups water      2 cups sugar      ¾ cup lemon juice

Boil sugar and water 5 minutes; add lemon juice. Cool, strain, and freeze.\* If liked, add 1 tablespoon grated lemon rind to mixture after straining. *Makes 1½ quarts. Serve with:*

1. Orange sections, fresh pineapple strips, and/or other fruit arranged around mound of lemon or orange ice.

2. Rum; passed in small pitcher or poured over individual servings (1 teaspoon rum to each).

3. Whipped cream sprinkled with chopped pistachio nuts.

**Grape Ice.** Use 2 cups grape juice, ⅔ cup orange juice, and ¼ cup lemon juice.

**Fruit Juice Sherbet.** Use 1½ cups grapefruit juice, 1½ cups orange juice, and ½ cup lemon juice.

**Orange Ice.** In place of ¾ cup lemon juice, use 2 cups orange juice and ¼ cup lemon juice. Add grated rind 2 oranges. If liked, freeze to mush and flavor with maraschino sirup. Continue freezing. *Makes 2 quarts. Serve as suggested under Lemon Ice.*

**RASPBERRY AND CURRANT ICE**

4 cups water      ⅔ cup raspberry juice  
1½ cups sugar      1½ cups currant juice

Boil sugar and water 5 minutes. Add fruit juices, cool, and freeze.\* *Makes 2 quarts.*

\* General Directions for Freezing, p. 557.

**CITRUS SHERBET**

|                          |                                                   |
|--------------------------|---------------------------------------------------|
| 2 cups water             | 1 tablespoon granulated gelatin, <i>soaked in</i> |
| 1 cup sugar              | 3 tablespoons cold water                          |
| Few gratings orange rind | 1½ cups orange juice                              |
| 4 egg yolks              | 1½ cups grapefruit juice                          |
|                          | 1 tablespoon lemon juice                          |

Put water, sugar, and grated rind in saucepan, bring to boiling point, add egg yolks slightly beaten, and boil 1 minute. Remove from heat and add soaked gelatin. Strain, cool, add fruit juices, and freeze.\* *Makes 1½ quarts.*

**PINEAPPLE FRAPPÉ**

|                  |                                   |
|------------------|-----------------------------------|
| 2 cups water     | 2 cups crushed <i>or</i> shredded |
| 1 cup sugar      | pineapple                         |
| 2 cups ice water | Juice 3 lemons                    |

Boil water and sugar 5 minutes. Add pineapple and lemon juice; cool, strain, add ice water, and freeze\* to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required. *Makes 2 quarts.*

**RASPBERRY *or* STRAWBERRY ICE I**

|                  |              |
|------------------|--------------|
| 2 quarts berries | 2 cups water |
| 2 cups sugar     | Lemon juice  |

Sprinkle berries with sugar, cover, and let stand 2 hours. Mash, squeeze through cheesecloth, and add water. Add lemon juice to taste, then freeze.\* Raspberry Ice prepared in this way retains the natural color of the fruit. *Makes 1½ quarts.*

**RASPBERRY *or* STRAWBERRY ICE II**

|                                      |                          |
|--------------------------------------|--------------------------|
| 2 cups juice, fresh <i>or</i> canned | 1 cup sugar              |
| 2 cups water                         | 1 tablespoon lemon juice |

Boil sugar and water 5 minutes. Add fruit juices. Add more sugar or lemon juice if needed. Freeze.\* Pack in salt and ice and let stand 1 hour. *Makes 1½ quarts.*

\* General Directions for Freezing, p. 557.

**GINGER SHERBET**

|              |                                   |
|--------------|-----------------------------------|
| 4 cups water | $\frac{1}{4}$ pound Canton ginger |
| 1 cup sugar  | $\frac{1}{2}$ cup orange juice    |
|              | $\frac{1}{3}$ cup lemon juice     |

Cut ginger in small pieces, add water and sugar, boil 5 minutes; add fruit juice, cool, strain, and freeze.\* *Makes  $1\frac{1}{2}$  quarts.*

**FROZEN APRICOTS or PEACHES**

|                                         |                           |
|-----------------------------------------|---------------------------|
| 1 large can (No. 2) apricots or peaches | $1\frac{1}{2}$ cups sugar |
| Water                                   |                           |

Drain apricots or peaches and cut in small pieces. To the sirup add enough water to make 4 cups and cook with sugar 5 minutes; strain, add apricots, cool, and freeze.\* To make a richer dessert, add 1 cup whipped cream, and continue freezing. *Makes 2 quarts.*

**APRICOT CREAM SHERBET**

|                              |                                 |
|------------------------------|---------------------------------|
| 1 large can (No. 2) apricots | $\frac{1}{2}$ cup water or wine |
| 1 cup sugar                  | $\frac{1}{4}$ cup lemon juice   |
| 1 pint cream, whipped        |                                 |

Drain apricots and to sirup add the pulp rubbed through a sieve. Add sugar, water or wine, and lemon juice. Freeze\* to mush, then fold in cream. Let stand in freezer  $1\frac{1}{2}$  hours, and serve in glasses. *Makes  $1\frac{1}{2}$  quarts.*

**PEACH AND ORANGE SHERBET**

|                             |                           |
|-----------------------------|---------------------------|
| 1 large can (No. 2) peaches | 2 cups orange juice       |
| 1 cup sugar                 | 2 tablespoons lemon juice |

Press peaches through a sieve, add sugar and fruit juices. Freeze\* to a mush, using equal parts ice and salt. *Makes 2 quarts.*

**CRANBERRY SHERBET**

|                                            |                                      |
|--------------------------------------------|--------------------------------------|
| $1\frac{1}{2}$ cups Cranberry Jelly, fresh | Juice 1 orange                       |
| (p. 218) or canned                         | 2 egg whites, beaten stiff, or 1 cup |
| Grated rind and juice 1 lemon              | heavy cream, whipped                 |

Beat jelly well with fruit juices and rind. Freeze\* to mush. Fold in egg whites or cream and finish freezing. *Makes 1 quart.*

\* General Directions for Freezing, p. 557.



**MILK SHERBET**

|                 |                             |
|-----------------|-----------------------------|
| 1 quart milk    | Juice 3 lemons or 2 oranges |
| Few grains salt | and 2 lemons                |
|                 | 1½ cups sugar               |

Mix juice and sugar. Add gradually to milk. (Curdled appearance will disappear in freezing.) Freeze.\* *Makes 1½ quarts.*

**Lemon Cream Sherbet.** Use all lemon juice and 3 cups milk and 1 cup cream.

**ORANGE CREAM SHERBET**

|                      |                 |
|----------------------|-----------------|
| 1¼ cups sugar        | 2 cups milk     |
| 1½ cups orange juice | ½ pint cream    |
|                      | Few grains salt |

Mix sugar, orange juice, and salt and add gradually to milk and cream. Freeze.\* *Makes 1½ quarts.*

**PINEAPPLE CREAM SHERBET**

|              |                          |
|--------------|--------------------------|
| 2 cups water | 2 cups crushed pineapple |
| 1 cup sugar  | 2 cups cream             |

Boil sugar and water 5 minutes; strain, cool, add pineapple, and freeze\* to a mush. Fold in whipped cream; let stand 30 minutes before serving. Serve in frappé glasses and garnish with candied pineapple. *Makes 1½ quarts.*

**PINEAPPLE MARQUISE**

|                       |                               |
|-----------------------|-------------------------------|
| 1 cup sugar           | ½ pint heavy cream            |
| 1 cup water           | ½ cup pineapple purée (canned |
| 1 cup pineapple juice | pineapple forced through      |
| Juice ½ lemon         | purée strainer)               |
| Few grains salt       | 2 tablespoons powdered sugar  |
|                       | ½ teaspoon vanilla            |

Boil sugar and water 5 minutes, add fruit juices, salt, and cream. Freeze,\* using equal parts ice and salt. Just before serving add remaining ingredients. *Makes 1 quart.*

\* General Directions for Freezing, p. 557.

**PHILADELPHIA ICE CREAM**

|                                    |                         |
|------------------------------------|-------------------------|
| 1 quart thin cream                 | $\frac{3}{4}$ cup sugar |
| $1\frac{1}{2}$ tablespoons vanilla | Few grains salt         |

Scald cream, add sugar, cool, flavor, and freeze.\* *Makes  $1\frac{1}{2}$  quarts.*

**CUSTARD ICE CREAM**

|                                  |                                       |
|----------------------------------|---------------------------------------|
| 2 cups milk                      | 1 egg or 2 egg yolks, slightly beaten |
| 1 tablespoon flour or cornstarch | $\frac{1}{4}$ teaspoon salt           |
| $\frac{3}{4}$ cup sugar          | 1 tablespoon vanilla                  |
| 2 cups heavy cream               |                                       |

Scald  $1\frac{1}{2}$  cups milk. Add remaining  $\frac{1}{2}$  cup milk (cold) to flour and sugar, mixed together. Add scalded milk slowly and cook and stir over hot water 8 minutes. Add egg, cook 2 minutes. Cool. Add cream and flavoring. Freeze.\* *Makes  $1\frac{1}{2}$  quarts.*

**FRENCH VANILLA ICE CREAM**

|                                   |                             |
|-----------------------------------|-----------------------------|
| 2 cups scalded milk               | $\frac{1}{8}$ teaspoon salt |
| 4 to 6 egg yolks, slightly beaten | 2 cups heavy cream          |
| $\frac{1}{2}$ cup sugar           | 1 tablespoon vanilla        |

Mix sugar, salt, and egg yolks. Pour on milk while stirring constantly. Cook in double boiler until mixture coats spoon. Cool, strain, add cream and vanilla, and freeze.\* *Makes  $1\frac{1}{2}$  quarts.*

**RENNET ICE CREAM**

|                             |        |                           |
|-----------------------------|--------|---------------------------|
| 3 cups lukewarm milk        | } or { | 2 cups lukewarm milk      |
| 1 cup heavy cream           |        | 2 cups thin cream         |
| $\frac{3}{4}$ cup sugar     |        | 1 household rennet tablet |
| $\frac{1}{8}$ teaspoon salt |        | 1 tablespoon cold water   |
|                             |        | 1 tablespoon vanilla      |

Mix first 4 ingredients; heat until warm, not hot. Add rennet tablet dissolved in cold water. Let stand until set. Add flavoring and freeze.\* *Makes  $1\frac{1}{2}$  quarts.*

\* General Directions for Freezing, p. 557.

## GELATIN ICE CREAM

|                                                       |                         |
|-------------------------------------------------------|-------------------------|
| 3 cups thin cream                                     | 1 cup hot, scalded milk |
| $\frac{3}{4}$ tablespoon gelatin,<br><i>soaked in</i> | $\frac{3}{4}$ cup sugar |
| $\frac{1}{4}$ cup cold water                          | Few grains salt         |
|                                                       | 1 tablespoon vanilla    |

Dissolve gelatin in milk. Add to other ingredients and freeze.\*  
*Makes  $1\frac{1}{2}$  quarts.*

## REFRIGERATOR ICE CREAM

|                                                               |                       |
|---------------------------------------------------------------|-----------------------|
| 2 cups milk                                                   | Few grains salt       |
| 2 teaspoons gelatin                                           | 2 egg yolks           |
| $\frac{3}{4}$ cup sugar <i>or</i> $\frac{1}{2}$ cup sugar and | 2 egg whites          |
| 6 tablespoons corn sirup                                      | 2 cups whipping cream |
| 2 teaspoons flour                                             | 1 tablespoon vanilla  |

Scald milk with gelatin. Stir until gelatin dissolves. Mix sugar, flour, and salt. Add to milk and stir until thickened. Cover and cook 10 minutes. Beat egg yolks slightly. Add a portion of the hot milk, return to double boiler, and cook 1 minute. Strain into refrigerator pan, chill, then beat until very light. Beat egg whites until stiff. Beat cream until stiff. Fold cream and egg whites into first mixture. Add vanilla. Freeze\* in tray of mechanical refrigerator, beating thoroughly after 1 hour. *Makes  $1\frac{1}{2}$  quarts.*

A VARIETY OF ICE CREAM  
FLAVORINGS

Many variations may be made, using any plain ice cream mixture as a base. A few suggestions are listed here. Prepare the flavoring, add to the ice cream mixture, and freeze.\*

**Banana.** (Omit vanilla.) Skin 4 ripe bananas, scrape, force through sieve, add  $1\frac{1}{2}$  tablespoons lemon juice. Add to mixture when partially frozen. Sweeten to taste.

**Bisque.** One cup finely chopped nut meats. Toasted (not salted) almonds and hazelnuts are especially good.

**Butterscotch.** Cook sugar with 2 tablespoons butter until melted. Boil 1 minute. Add to hot milk or cream.

\* General Directions for Freezing, p. 557.

**Caramel.** Caramelize half sugar (p. 9). Add slowly to hot mixture.

**Coffee Caramel.** Scald  $\frac{1}{3}$  cup ground coffee with milk or cream (strain before adding other ingredients) in making Caramel Ice Cream.

**Burnt Almond.** Add 1 cup finely chopped blanched and toasted almonds to Caramel Ice Cream.

**Chocolate.** Melt 2 squares unsweetened chocolate, add  $\frac{1}{4}$  cup hot water, stir until smooth, and add to hot mixture.

**Coffee.** Scald  $\frac{1}{3}$  cup ground coffee with milk or cream and strain before adding other ingredients.

**Frozen Tom and Jerry.** Freeze French Vanilla Ice Cream (p. 563) to a mush. Add 2 tablespoons rum and 1 tablespoon brandy and finish freezing. Serve in frappé glasses.

**Ginger.** Add  $\frac{1}{2}$  cup Canton ginger cut in small pieces and 3 tablespoons ginger sirup. Add 2 tablespoons sherry, if desired.

**Grapenut.** Add 1 cup grapenuts. Flavor to taste with almond extract and vanilla or sherry.

**Macaroon.** One cup macaroon crumbs (about 8 dry macaroons pounded). Reduce sugar to  $\frac{1}{2}$  cup. Flavor with sherry, if liked.

**Maple.** Use maple sirup or maple sugar in place of sugar called for in recipe. If desired, add 1 cup nut meats, cut in pieces or chopped, stirring them into cream when nearly frozen.

**Marron.** One cup canned marrons, forced through a sieve. Reduce sugar by one half. Flavor to taste with sherry.

**Mint.** Flavor with oil of peppermint. Color delicately green with vegetable coloring. Serve with Thin Chocolate Sauce (p. 585).

**Peanut Brittle.** Omit sugar. Pound  $\frac{1}{2}$  pound peanut brittle, roll, and sift. Add sugar to taste.

**Peppermint Candy.** Crush  $\frac{1}{2}$  pound peppermint stick candy and add to hot milk or cream, omitting sugar in recipe.

**Pistachio.** Add 1 teaspoon almond extract. Color green.

**Pistachio Bisque.** To Pistachio Ice Cream, add  $\frac{1}{2}$  cup each of pounded macaroons, chopped almonds, and peanuts.

**Praline.** Add 1 cup almonds, blanched, toasted, and finely chopped. Caramelize half the sugar and add slowly to scalded milk or cream. Or, add 1 cup Praline Powder (p. 9), made with pecans.

**Raisin and Nut.** Force 1 cup raisins and 1 cup pecan nut meats through food chopper.

**FROZEN APPLE CREAM**

|                           |                            |
|---------------------------|----------------------------|
| 1 cup strained applesauce | 1 teaspoon melted butter   |
| Few grains cinnamon       | 2 teaspoons lemon juice    |
| Few grains nutmeg         | 1 cup heavy cream, whipped |

Add cinnamon and nutmeg to applesauce. Add butter and lemon juice. If liked, add 2 tablespoons sirup from preserved ginger. Chill in refrigerator 1 hour and fold in cream. Pack in freezing tray and freeze until firm (2 to 4 hours). *Makes 1½ pints.*

**APRICOT, PEACH, PEAR, or QUINCE  
ICE CREAM**

|                     |                       |
|---------------------|-----------------------|
| 4 pounds ripe fruit | 1 cup sugar (or more) |
| ⅛ teaspoon salt     | 4 cups cream          |
|                     | 1 teaspoon vanilla    |

Pare, slice, and crush fruit, sprinkle with salt and ½ cup sugar, and set aside. Mix cream with remaining sugar and vanilla and freeze in crank freezer\* until slightly firm. Stir in fruit, sweeten to taste, and finish freezing. *Makes 2 quarts.*

**APRICOT, PEACH, or PINEAPPLE ICE CREAM**

|                                            |                                                              |
|--------------------------------------------|--------------------------------------------------------------|
| 3 cups thin cream                          | 1 cup crushed pineapple, apricot,<br>or peach pulp and juice |
| ⅛ teaspoon salt                            | Sugar                                                        |
| 4 egg whites (if desired), beaten<br>stiff | Lemon juice, 1 teaspoon or more                              |

Combine cream, salt, and egg whites, if used. Freeze to mush.\* Add fruit pulp and juice, sugar and lemon juice to taste, and finish freezing.\* *Makes 1½ quarts.*

**APRICOT AND ORANGE ICE CREAM**

|                        |                   |
|------------------------|-------------------|
| 1 can apricots (No. 2) | ¼ cup lemon juice |
| 1½ cups orange juice   | Few grains salt   |
| Sugar (about 1 cup)    | 1 quart cream     |

Drain apricots and force through purée strainer. To sirup add fruit juices and salt, and sweeten to taste; then add apricot purée and cream. Freeze.\* *Makes 2 quarts.*

\* General Directions for Freezing, p. 557.



**CHOCOLATE ICE CREAM**

|                             |                      |
|-----------------------------|----------------------|
| 1 $\frac{1}{4}$ cups sugar  | 2 cups milk          |
| 1 tablespoon flour          | 2 squares chocolate  |
| $\frac{1}{4}$ teaspoon salt | 2 cups cream         |
| 2 eggs, slightly beaten     | 1 tablespoon vanilla |

Scald milk with chocolate. Mix sugar, flour, and salt and add eggs. Combine mixtures and cook over hot water until thickened. Cool, add cream and vanilla. Strain and freeze.\* *Makes 1 $\frac{1}{2}$  quarts.*

**Coffee Chocolate.** Scald  $\frac{1}{3}$  cup ground coffee with milk and chocolate. Strain.

**MILK CHOCOLATE ICE CREAM**

|                                     |                      |
|-------------------------------------|----------------------|
| $\frac{1}{2}$ pound sweet chocolate | 1 cup sugar          |
| 2 cups cold milk                    | 2 cups thin cream    |
| 3 eggs                              | 1 tablespoon vanilla |
| $\frac{1}{8}$ teaspoon salt         |                      |

Cook chocolate with milk over hot water until thick and smooth (about 15 minutes). Beat eggs with sugar, add cream, vanilla, and salt. Combine mixtures, strain, and freeze.\* *Makes 1 $\frac{1}{2}$  quarts.*

**COFFEE ICE CREAM**

|                                                      |                             |
|------------------------------------------------------|-----------------------------|
| 1 cup milk                                           | 3 egg yolks                 |
| $\frac{1}{4}$ cup ground coffee,<br>preferably Mocha | $\frac{1}{8}$ teaspoon salt |
| 3 cups thin cream                                    | 1 cup sugar                 |

Scald milk with coffee, and add half the sugar. Without straining, use this mixture for making custard, with eggs, salt, and remaining sugar. Add 1 cup cream and let stand 30 minutes. Cool, strain through double cheesecloth, add remaining cream, and freeze.\* *Makes 1 $\frac{1}{2}$  quarts.*

**COFFEE CARAMEL ICE CREAM**

Make like Coffee Ice Cream (above) but melt half the sugar in heavy pan and add slowly to hot milk before making custard.

\* General Directions for Freezing, p. 557.

## GRAPE ICE CREAM

|                                 |                           |
|---------------------------------|---------------------------|
| 1 pint cream                    | $\frac{1}{3}$ cup sugar   |
| $1\frac{1}{4}$ cups grape juice | Lemon or fresh lime juice |

Mix cream, grape juice, and sugar. Add lemon or lime juice to taste. Freeze.\* *Makes 1 quart.*

## NOUGAT ICE CREAM

|                                    |                                                 |
|------------------------------------|-------------------------------------------------|
| 3 cups milk                        | 5 egg whites                                    |
| 1 cup sugar                        | $\frac{1}{3}$ cup each pistachio, filbert, Eng- |
| 5 egg yolks                        | lish walnut, and almond meats                   |
| 1 teaspoon salt                    | 1 teaspoon almond extract                       |
| $1\frac{1}{2}$ cups whipping cream | 1 tablespoon vanilla                            |

Make a custard of first four ingredients, strain, and cool. Add cream beaten until stiff, egg whites beaten until stiff, nut meats finely chopped, and flavoring. Freeze.\* *Makes 2 quarts.*

## ORANGE ICE CREAM

|                   |                     |
|-------------------|---------------------|
| 1 cup heavy cream | 2 cups orange juice |
| 1 cup thin cream  | Sugar               |

Add cream slowly to orange juice, sweeten to taste, and freeze.\* Serve with canned strawberries or fresh fruit mashed and sweetened. *Makes  $1\frac{1}{2}$  quarts.*

## FROZEN ORANGE SOUFFLÉ

|                                  |                                               |
|----------------------------------|-----------------------------------------------|
| $1\frac{1}{2}$ cups orange juice | 5 egg yolks                                   |
| 2 tablespoons lemon juice        | $1\frac{1}{2}$ tablespoons granulated gelatin |
| $1\frac{1}{2}$ cups sugar        | 3 tablespoons boiling water                   |
|                                  | 1 pint cream                                  |

Mix fruit juice, sugar, and egg yolks. Cook over boiling water until mixture thickens; then add gelatin dissolved in boiling water. Cool, freeze\* to a mush, add whipped cream, and continue freezing. Garnish, if desired, with candied orange peel and chopped pistachio nuts. *Makes  $1\frac{1}{2}$  quarts.*

\* General Directions for Freezing, p. 557.

## ORANGE DELICIOUS

|                                                 |                   |
|-------------------------------------------------|-------------------|
| 2 cups sugar                                    | 1 cup thin cream  |
| 1 cup water                                     | 2 egg yolks       |
| 2 cups orange juice                             | 1 cup heavy cream |
| $\frac{1}{4}$ cup shredded, candied orange peel |                   |

Boil sugar and water 5 minutes, then add orange juice. Scald cream, add egg yolks, and cook over hot water, stirring constantly, until mixture thickens. Cool, add to first mixture, with heavy cream beaten stiff. Freeze.\* When nearly frozen, add orange peel. *Makes 2 quarts.*

## RASPBERRY or STRAWBERRY ICE CREAM

|                   |                                         |
|-------------------|-----------------------------------------|
| 3 cups thin cream | 4 egg whites (if desired), beaten stiff |
| 1 quart berries   | 1 cup sugar                             |
|                   | Few grains salt                         |

Wash and hull berries, chop, sprinkle with sugar, cover, and let stand 2 hours in warm place. Mash and strain. Add salt. Freeze cream and egg whites, if used, to mush,\* add fruit juice gradually, and finish freezing.\* *Makes 1 quart or more.*

**Blueberry Ice Cream.** Stew berries until soft, add sugar, mash, and strain. Cool before adding to cream.

## BURNT WALNUT BISQUE

|                                  |                             |
|----------------------------------|-----------------------------|
| 2 cups scalded milk              | 1 cup Nut Brittle made with |
| 3 egg yolks                      | walnuts (p. 9)              |
| $\frac{1}{8}$ cup sugar          | 1 cup heavy cream           |
| $\frac{3}{4}$ tablespoon vanilla | Few grains salt             |

Make custard of milk, eggs, sugar, and salt. Add brittle, cool, then add cream beaten until stiff, and vanilla. Freeze\* and mold. *Makes 1 quart.*

\* General Directions for Freezing, p. 557.

**FROZEN PUDDING**

|                           |                                     |
|---------------------------|-------------------------------------|
| 2 cups milk               | $\frac{1}{4}$ teaspoon salt         |
| $\frac{2}{3}$ cup raisins | 1 quart thin cream                  |
| 1 cup sugar               | $\frac{1}{2}$ cup almonds           |
| 1 egg                     | $\frac{1}{2}$ cup candied pineapple |
| 1 tablespoon flour        | $\frac{1}{3}$ cup preserved ginger  |
| 3 tablespoons wine        |                                     |

Scald raisins in milk 15 minutes and strain (reserving raisins to be rinsed and used in a pudding). Make custard of milk, egg, sugar, flour, and salt; strain, cool, add pineapple, ginger cut in small pieces, nuts finely chopped, wine, and cream; then freeze.\* Mixed candied fruit may be used. *Makes 2 quarts.*

**FROZEN PLUM PUDDING**

|                             |                                                 |
|-----------------------------|-------------------------------------------------|
| 2 cups milk                 | $2\frac{1}{2}$ cups cream                       |
| 1 cup sugar                 | $\frac{3}{4}$ cup candied fruit                 |
| 6 egg yolks                 | $\frac{1}{2}$ cup almonds, blanched and chopped |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{3}$ cup Sultana raisins               |
| $\frac{1}{4}$ cup sherry    | $\frac{1}{2}$ cup pounded macaroons             |

Make custard of milk, half the sugar, egg yolks, and salt. Caramelize the remaining sugar and add. Strain, cool, add remaining ingredients, and freeze.\* *Makes 2 quarts.*

**VANILLA MOUSSE I**

|                                  |                                  |
|----------------------------------|----------------------------------|
| 2 cups heavy cream               | 1 teaspoon vanilla               |
| $\frac{1}{2}$ cup powdered sugar | 2 egg whites, beaten until stiff |

Whip cream until thick but not stiff. Add sugar and vanilla. Fold in egg whites. Freeze in refrigerator tray or in salt and ice. Other flavors may be used in place of vanilla. *Makes 1 quart.*

**With Whole Eggs.** Beat 2 egg yolks with sugar and vanilla. Fold in whites and cream. Add sugar to taste. One cup cream may be omitted, in which case reduce sugar to  $\frac{1}{3}$  cup.

**Biscuit Tortoni I.** Flavor with sherry. Add  $\frac{1}{2}$  cup dried macaroons, finely crushed. Mixture may be packed in paper cups, tops sprinkled with powdered macaroons, and cups set in tray of refrigerator to freeze.

**Chantilly Mousse.** Add one cup meringues, broken in pieces, to mixture.

\* General Directions for Freezing, p. 557.

**Chestnut Mousse.** Add  $\frac{1}{2}$  cup marrons, broken in pieces, to mixture.

**With Apricots.** Press stewed apricots through sieve. Spread layer in refrigerator tray and cover with mousse. Freeze. Cut in cubes and pile in dessert glasses.

### VANILLA MOUSSE II (with Tapioca)

|                                     |                          |
|-------------------------------------|--------------------------|
| 2 cups milk                         | 3 tablespoons corn sirup |
| 3 tablespoons quick-cooking tapioca | 1 cup cream              |
| $\frac{1}{2}$ cup sugar             | 1 tablespoon vanilla     |

Scald milk with tapioca, sugar, and corn sirup. Stir occasionally and cook until thick (about 20 minutes). Rub through strainer, chill, and beat. Beat cream until thick and fold in the chilled mixture. Flavor and freeze in refrigerator tray or in salt and ice. Other flavors may be used in place of vanilla. *Makes 1 quart.*

### VANILLA MOUSSE III (with Condensed Milk)

|                                  |                                   |
|----------------------------------|-----------------------------------|
| $\frac{3}{4}$ cup condensed milk | $1\frac{1}{2}$ teaspoons vanilla  |
| $\frac{1}{2}$ cup water          | $\frac{1}{2}$ pint cream, whipped |

Heat milk and water until thoroughly blended. Chill and add vanilla. Fold in cream. Freeze to mush in tray of refrigerator, beat 2 minutes, return to tray, and leave until firm. See variations, p. 570.

### BISCUIT TORTONI II

|                                          |                          |
|------------------------------------------|--------------------------|
| 1 cup dried macaroons,<br>finely crushed | $\frac{1}{2}$ cup sugar  |
| 2 cups thin cream                        | $\frac{1}{3}$ cup sherry |
|                                          | 1 pint heavy cream       |

Soak macaroons in thin cream 1 hour, add sugar and sherry, and freeze to a mush; then add heavy cream beaten stiff. Freeze in refrigerator tray or in salt and ice. *Makes  $1\frac{1}{2}$  quarts.*

### CHOCOLATE MOUSSE

|                                 |                         |
|---------------------------------|-------------------------|
| 2 squares unsweetened chocolate | $\frac{3}{4}$ cup sugar |
| 1 cup milk                      | 1 teaspoon vanilla      |
| 1 teaspoon granulated gelatin   | 2 cups whipping cream   |

Scald milk with chocolate,  $\frac{1}{4}$  cup sugar, and gelatin. Beat until smooth and well blended. Add vanilla, strain into refrigerator tray or bowl, chill until mixture thickens, beat until light, then fold in cream beaten until stiff, to which remaining sugar has been added. Freeze in refrigerator tray or in salt and ice.\* *Makes 1 quart.*

\* General Directions for Freezing, p. 557.



## COFFEE MOUSSE

|                                                                  |                                  |
|------------------------------------------------------------------|----------------------------------|
| $\frac{1}{2}$ tablespoon granulated gelatin,<br><i>soaked in</i> | 1 cup boiled coffee              |
| 2 tablespoons cold water                                         | Few grains salt                  |
| 3 tablespoons hot water                                          | $\frac{3}{4}$ cup sugar          |
|                                                                  | 1 pint heavy cream, beaten stiff |

Dissolve soaked gelatin in hot water. Add coffee, salt, and sugar. Stir thoroughly. Strain into refrigerator tray or bowl. Chill until thickened, beat until light, fold in cream, and freeze\* in refrigerator tray or in salt and ice. *Makes 1 quart.*

## FRUIT MOUSSE

(*Raspberry, Strawberry, Peach, etc.*)

|                                                                           |                                                    |
|---------------------------------------------------------------------------|----------------------------------------------------|
| 1 cup fruit pulp and juice                                                | 1 teaspoon granulated gelatin,<br><i>soaked in</i> |
| $\frac{3}{4}$ cup sugar ( <i>or to taste</i><br><i>for canned fruit</i> ) | 2 tablespoons cold water                           |
| Few grains salt                                                           | 3 tablespoons boiling water                        |
|                                                                           | 1 pint cream, beaten stiff                         |

Rub fruit through sieve. Add sugar. Add soaked gelatin dissolved in boiling water. Strain into refrigerator tray or bowl. Chill until thickened, beat until light, fold in cream, and freeze\* in refrigerator tray or salt and ice. *Makes 1 quart.*

Flavor Peach Mousse with a few drops of almond extract.

## PINEAPPLE MOUSSE

|                                                    |                                   |
|----------------------------------------------------|-----------------------------------|
| 1 teaspoon granulated gelatin,<br><i>soaked in</i> | 2 tablespoons lemon juice         |
| 1 tablespoon cold water                            | $\frac{1}{2}$ cup sugar           |
| 2 tablespoons boiling water                        | 1 pint cream, beaten stiff        |
|                                                    | 1 cup sirup from canned pineapple |

Dissolve soaked gelatin in boiling water. Add sirup, lemon juice, and sugar. Heat to boiling point. Strain. Chill until thickened. Beat until light. Fold in cream. Freeze\* in refrigerator tray or in salt and ice. *Makes 1 quart.*

\* General Directions for Freezing, p. 557.

**MARSHMALLOW RASPBERRY MOUSSE**

|                                           |                                              |
|-------------------------------------------|----------------------------------------------|
| 1 cup raspberry juice,<br>fresh or canned | Juice $\frac{1}{2}$ lemon<br>20 marshmallows |
| 1 cup heavy cream                         |                                              |

Strain juice, heat to boiling point, and add marshmallows cut in pieces with wet scissors. Cool, add lemon juice, and fold in cream, beaten until stiff. Freeze in refrigerator tray at regular temperature. *Makes 1 quart.*

**WINTER STRAWBERRY MOUSSE**

|                              |                      |
|------------------------------|----------------------|
| 1 cup preserved strawberries | 1 cup whipping cream |
|------------------------------|----------------------|

Whip cream and fold in strawberries. Freeze in refrigerator tray or in salt and ice. *Makes  $1\frac{1}{2}$  pints* but is very rich and therefore *serves 4 to 6.*

**MAPLE MOUSSE or PARFAIT**

|             |                                   |
|-------------|-----------------------------------|
| 4 eggs or   | $\frac{3}{4}$ cup hot maple sirup |
| 6 egg yolks | 1 pint whipping cream             |

Beat eggs slightly and pour maple sirup on slowly. Stir and cook in double boiler until mixture thickens, cool, and add cream beaten until stiff. Freeze in refrigerator tray or in salt and ice. *Makes 1 quart.*

**MARRON PARFAIT**

|                         |                              |
|-------------------------|------------------------------|
| $\frac{2}{3}$ cup sugar | 1 cup marrons, cut in pieces |
| $\frac{1}{4}$ cup water | 1 tablespoon vanilla         |
| 6 egg yolks             | 1 pint whipping cream        |

Put sugar and water in saucepan; bring to boiling point and let boil 5 minutes. Pour sirup gradually, while beating constantly, on egg yolks beaten until thick, and cook over hot water, stirring constantly until mixture thickens. Remove from fire and beat until cold. Add marrons soaked in vanilla  $\frac{1}{2}$  hour and cream beaten until stiff. Freeze in refrigerator tray or in salt and ice. Chopped nuts or macaroon crumbs may be used in place of marrons. *Makes 1 quart.*

**PISTACHIO PARFAIT**

|                           |                                                 |
|---------------------------|-------------------------------------------------|
| 1 cup sugar               | 1 pint whipping cream                           |
| $\frac{1}{4}$ cup water   | Green coloring                                  |
| 3 egg whites              | $\frac{1}{2}$ cup finely chopped pistachio nuts |
| 1 tablespoon vanilla      | Whipped cream                                   |
| 1 teaspoon almond extract |                                                 |

Boil sugar and water until sirup threads. Pour slowly, while stirring constantly, on beaten egg whites, and continue beating until mixture is cold; then add flavoring. Color cream a delicate green and beat until stiff. Add to first mixture with nut meats. Freeze in refrigerator tray or in salt and ice. Garnish top with whipped cream, sweetened and flavored with vanilla, and sprinkle with chopped pistachio nuts. *Makes 1 quart.*

**STRAWBERRY PARFAIT**

|                       |                         |
|-----------------------|-------------------------|
| 1 quart strawberries  | $\frac{1}{2}$ cup water |
| 2 cups sugar          | 3 egg whites            |
| 1 pint whipping cream |                         |

Wash, pick over, hull, and mash berries. Sprinkle with half the sugar, cover, and let stand several hours; then force through fine strainer. Boil remaining sugar and water until mixture threads. Pour sirup gradually, while beating constantly, on egg whites beaten until stiff. Cool and fold in cream beaten until stiff. Freeze\* strawberry juice to a mush, add cream mixture, and continue freezing. *Makes  $1\frac{1}{2}$  quarts.*

**MANHATTAN PUDDING**

|                                                              |                                   |
|--------------------------------------------------------------|-----------------------------------|
| $1\frac{1}{2}$ cups orange juice                             | $\frac{1}{2}$ pint whipping cream |
| $\frac{1}{4}$ cup lemon juice                                | $\frac{1}{4}$ cup powdered sugar  |
| Sugar                                                        | $\frac{1}{4}$ tablespoon vanilla  |
| $\frac{2}{3}$ cup chopped walnut meats or powdered macaroons |                                   |

Mix fruit juices and sweeten to taste. Turn mixture into 1-quart-brick mold. Whip cream and add sugar, vanilla, and nut meats; pour over the first mixture to overflow mold; cover with buttered paper, fit on cover, and freeze\* for  $1\frac{1}{2}$  hours. If frozen too long, pudding will be icy. *Makes 1 quart.*

\* General Directions for Freezing, p. 557.

## STANDISH PUDDING

|                        |                                          |
|------------------------|------------------------------------------|
| 1 quart strawberries   | $\frac{1}{2}$ pint whipping cream        |
| 1 cup granulated sugar | $\frac{1}{4}$ cup powdered sugar         |
| 1 cup water            | $\frac{1}{2}$ tablespoon vanilla         |
| Lemon juice            | $\frac{2}{3}$ cup rolled dried macaroons |

Pick over strawberries, sprinkle with granulated sugar, cover, and let stand 2 hours. Mash, squeeze through a double thickness of cheesecloth, and add water and lemon juice to taste. Turn mixture into 1-quart-brick mold. Beat cream until stiff and add powdered sugar, vanilla, and rolled macaroons. Pour over fruit mixture to overflow mold. Cover with buttered paper and freeze.\* *Makes 1 quart.*

## FROZEN ORANGE WHIP

|                         |                                |
|-------------------------|--------------------------------|
| 1 cup sugar             | $\frac{1}{4}$ cup orange juice |
| $\frac{2}{3}$ cup water | 1 pint whipping cream          |
| Grated rind 2 oranges   | 2 oranges                      |

Boil sugar and water until sirup threads. Add grated rind and orange juice, cover, and keep warm 1 hour; then cool. Beat cream until stiff and add the orange sirup gradually. Cut oranges in halves, crosswise, remove pulp, and separate into small pieces. Pour juice from the 2 oranges into a 1-quart-brick mold; then put in alternate layers of cream and orange pulp until mold is filled to overflowing. Freeze.\* *Makes 1 quart.*

## COUPES

Serve any ice or ice cream in glasses with a sauce or fruit or a combination of fruits. The top may be garnished with whipped cream forced through a pastry bag and tube, candied fruits, chopped nuts, candied violets or rose leaves, chopped nut brittle, marrons broken in pieces, Bar-le-Duc currants, candied orange peel, fresh mint leaves, angelica, etc.

Fruit cut in pieces or a fruit cocktail may be put in a tall glass from  $\frac{1}{3}$  to  $\frac{2}{3}$  its height and the glass filled with ice cream or an ice.

Some special combinations are listed on the following page.

**Chocolate Mint Coupe.** Chocolate Ice Cream, garnished with whipped cream flavored with oil of peppermint and colored green. Or Chocolate Ice Cream with Marshmallow Mint Sauce (p. 591).

\* General Directions for Freezing, p. 557.

(*Coupes, continued*)

**Coffee Coupe.** Vanilla Ice Cream in parfait glass. Pour over strong hot coffee. Garnish with whipped cream. Top with maraschino cherry, if desired.

**Coffee Cherry Coupe.** Coffee Ice Cream with maraschino cherries.

**Concord Cream.** Grape Ice Cream, garnished with whipped cream and chopped pistachio nuts.

**Orange Pistachio Cream.** Orange Ice or Ice Cream garnished with whipped cream and chopped pistachio nuts.

**Ice à la Margot.** Vanilla Ice Cream in champagne glasses, covered with whipped cream, sweetened, flavored with pistachio, and tinted very light green. Garnish with pistachio nuts or Malaga grapes, peeled, seeded, and halved.

**Coupe St. Jacques.** Any fruit cocktail in a tall glass with Lemon Ice on top. Pear, grapefruit, orange, and Malaga grapes or strawberries make a delicious combination.

**Icebergs.** Mint Ice sprinkled with finely chopped almonds, filberts, pecans, and walnuts in equal proportions.

**Orange Coupe.** Orange ice in hollowed-out orange halves. Pour over curaçao and decorate with sprig of mint or other green leaves.

### SPECIAL CHOCOLATE MINT COUPE

Put a layer of Milk Chocolate Ice Cream (p. 567) in coupe glass, cover with a layer of Mint Cream, and cover Mint Cream with a layer of the chocolate cream. Garnish with squares of glacé mint paste or sprig of mint.

**Special Mint Cream.** Mix 2 cups light cream or 1 cup heavy cream and 1 cup milk with  $\frac{1}{2}$  cup sugar and 3 drops oil of peppermint. Color delicate green and freeze.\*

### BAKED ALASKA

Meringue (p. 600),  $1\frac{1}{2}$  times recipe      1-quart brick ice cream  
Thin sheet sponge cake

Cover a board with white paper, arrange cake on paper and ice cream on cake, having cake extend  $\frac{1}{2}$  inch beyond cream. Cover

\* General Directions for Freezing, p. 557.



entirely with meringue. As a variation, sprinkle with chopped filberts or almonds. Brown quickly in hot oven (450° F.). Board, paper, cake, and meringue are poor conductors of heat and prevent cream from melting. Slip from paper on ice cream platter. *Serves 6 to 8.*

**En Surprise.** Before spreading with meringue, make hollow in top of brick of ice cream and fill with crushed fruit or marrons.

**Rum Alaska.** Set 2 unbroken half eggshells into top of meringue before baking. Bake, fill eggshells with rum, light, and serve.

### GRAPEFRUIT DE LUXE

Cut grapefruit in halves, remove fruit pulp, and cut away white part to make a clean bowl. Half fill skins with grapefruit sections or a combination of fruits, cover with vanilla ice cream or lemon ice, then with Meringue (p. 600). Set on board covered with paper and brown in hot oven (500° F.). Serve immediately.

### ICE CREAM FLOWERPOTS

Chill colored pottery custard cups and fill with ice cream. Level and sprinkle with grated sweet chocolate. Wrap stem of sweet pea or rose in waxed paper and stand in pot.

### ICE CREAM PIES

Fill baked pie shell or individual pastry shells with ice cream. Cover with Meringue (p. 600), set on board covered with paper, and brown in hot oven (450° F.). Serve immediately.

**Strawberry Ice Cream Pie.** Put 1 pint fresh strawberries in pie shell and sprinkle with sugar before putting in 1 pint ice cream.

### ICE CREAM CROQUETTES

Shape ice cream (frozen firm) in individual molds or with an ice cream scoop and roll in Jordan almonds, blanched, shredded, and browned in oven or in macaroon dust made by pounding and sifting dry macaroons.

**FROZEN ÉCLAIRS or CREAM PUFFS**

Fill Cream Puff or Éclair shells (p. 553) with any Vanilla Ice Cream. Serve with Chocolate (p. 585) or Butterscotch Sauce (p. 584) or with crushed strawberries.

**MERINGUE GLACÉ**

Serve ice cream between pairs of Meringues (p. 600). Garnish or not with whipped cream. Or serve with Chocolate Sauce (p. 585) or crushed and sweetened strawberries, raspberries, or peaches, etc.

**ICE CREAM WITH PEACHES**

Serve brick of Vanilla Ice Cream surrounded by halves of canned peaches filled with halves of blanched almonds. Cook peaches in sirup until soft and chill before using. Pour on sirup. Canned apricots may be used. Brandied peaches are delicious with ice cream.

**MAZARINE**

Bake Brioche (p. 83) or Cream Sponge Cake (p. 629) in a Charlotte Russe mold or individual tins, cool, cut a slice from top of each cake, and remove center, leaving a wall  $\frac{1}{2}$  inch thick. Fill with Vanilla Ice Cream, invert on serving dish, and pour on Apricot Marmalade. For further suggestions, *see* Charlotte Baskets (p. 544).

**PEACH or PEAR MELBA**

Arrange Vanilla Ice Cream on preserved peach or pear halves. Pour over Melba Sauce I or II (p. 592). Garnish with whipped cream, if liked, or sprinkle with chopped pistachio nuts.

**BOMBES AND MOLDS**

Both mixtures may be frozen before putting in mold (commercial ice cream may be used for one or both parts). Or the outside may be frozen and the center an unfrozen mixture — flavored whipped cream, mousse, parfait, Italian Meringue (p. 580), Angel Parfait (p. 580), Butterscotch Parfait (p. 580), or Charlotte Russe mixture (p. 542). If frozen mixture is used, avoid freezing too hard.

**To Line and Fill a Mold.** Chill round, brick, melon, or other fancy mold. Line mold with commercial or homemade ice cream or sherbet chosen for coating, using a spoon. Spread evenly until layer is about  $\frac{3}{4}$  inch thick. Put other mixture in center and fill with first mixture to overflow mold. Put on cover. Have molds so well filled that mixture is forced down sides of mold when cover is pressed down. Repack in salt and ice, using 4 parts ice to 1 part salt. If these directions are carefully followed, salt water will not enter cream, even though molds be immersed in salt water.

**To Freeze.** If both mixtures are already frozen, pack (see p. 557) in freezer or refrigerator drawer. If one is an unfrozen mixture, follow directions for freezing Mousses (see p. 557).

### Successful Combinations

| <i>Coating</i>              | <i>Center</i>                                                                                                               |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Ice Cream (any flavor)      | Whipped Cream, Charlotte Russe, Vanilla Mousse, Italian Meringue, or Angel Parfait                                          |
| Orange Ice                  | Macaroon Cream, Frozen Orange Soufflé, Orange Ice Cream                                                                     |
| Raspberry Ice               | Vanilla Mousse or Vanilla Ice Cream                                                                                         |
| Chocolate Ice Cream         | Mint, Peppermint Candy, Pistachio or Coffee Ice Cream or Orange Ice                                                         |
| Pistachio Ice Cream         | Burnt Almond Ice Cream                                                                                                      |
| Coffee Ice Cream            | Italian Meringue, Burnt Almond Ice Cream, or Marron Parfait                                                                 |
| Pomegranate Ice             | Italian Meringue. Serve this bombe with Iced Madeira Sauce                                                                  |
| Coffee Caramel Ice Cream    | Whipped Cream, sweetened and flavored with sherry                                                                           |
| Citrus Sherbet or Lemon Ice | Whipped Cream, sweetened and flavored with maraschino. Garnish on serving dish with Bar-le-Duc currants and pistachio nuts. |
| Vanilla Ice Cream           | Butterscotch Parfait or Frozen Tom and Jerry                                                                                |
| Strawberry Ice Cream        | Vanilla Mousse                                                                                                              |

**FILLINGS FOR BOMBE CENTERS****Angel Parfait**

|                         |                       |
|-------------------------|-----------------------|
| $\frac{2}{3}$ cup sugar | 3 egg whites          |
| $\frac{3}{4}$ cup water | 1 pint whipping cream |
|                         | 1 teaspoon vanilla    |

Boil sugar and water until sirup will thread when dropped from tip of spoon. Pour slowly on beaten egg whites and continue beating until mixture is cool. Add cream beaten until stiff, and vanilla.

**Italian Meringue**

|                         |                                           |
|-------------------------|-------------------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ cup whipping cream          |
| $\frac{1}{4}$ cup water | $\frac{1}{2}$ tablespoon vanilla          |
| 3 egg whites            | $\frac{1}{4}$ teaspoon granulated gelatin |

Boil sugar and water 5 minutes; pour slowly on beaten egg whites and continue beating. Place in pan of ice water and beat until cold. Dissolve gelatin in small quantity boiling water and strain into mixture. Whip cream, fold into mixture, and flavor.

**Butterscotch Parfait**

|                               |                                   |
|-------------------------------|-----------------------------------|
| $\frac{1}{3}$ cup brown sugar | 2 egg yolks, well beaten          |
| 1 tablespoon butter           | $\frac{1}{2}$ pint whipping cream |
| $\frac{1}{4}$ cup water       | Few grains salt                   |
|                               | 1 $\frac{1}{2}$ teaspoons vanilla |

Cook sugar and butter together until melted and brown. Add water and stir and cook until melted. Pour slowly on egg yolks and beat and cook over hot water until fluffy. Chill. Beat cream and add to egg mixture with salt and vanilla.

**NEAPOLITAN ICE CREAM**

Pack two or three flavors of ice cream in layers in brick mold. One layer is usually lemon or orange ice. Freeze.\*

**DEMI-GLACE AUX FRAISES**

Line brick mold with French Vanilla Ice Cream (p. 563). Put in layer of lady fingers. Fill center with preserved strawberries or large fresh berries cut in halves. Cover with ice cream, pack,\* and let stand 1 hour.

\* General Directions for Freezing, p. 557.

## GLACE HÉLÈNE

- |                                              |                                  |
|----------------------------------------------|----------------------------------|
| 1 quart Vanilla Ice Cream                    | $\frac{1}{2}$ cup powdered sugar |
| 1 pint whipping cream, beaten<br>until stiff | 1 jar red Bar-le-Duc currants    |
|                                              | 1 teaspoon vanilla               |
| 1 cup crushed pineapple, <i>soaked in</i>    | 1 tablespoon Kirsch 1 hour       |

Add sugar, currants, vanilla, and pineapple to cream. Line 2-quart mold with ice cream, fill with prepared mixture, and cover with ice cream to overflow mold. Freeze.\* *Serves 12.*

## MARRON BOMBE

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1 quart Vanilla Ice Cream | 1 teaspoon granulated gelatin       |
| $\frac{1}{2}$ cup sugar   | $1\frac{1}{2}$ cups vanilla marrons |
| $\frac{1}{4}$ cup water   | 1 pint cream, whipped               |
| 2 egg whites              | $\frac{1}{2}$ tablespoon vanilla    |

Cook sugar and water 5 minutes, pour onto beaten egg whites, dissolve gelatin in  $1\frac{1}{2}$  tablespoons boiling water, and add to first mixture. Set in pan of ice water and stir until cold; add chestnuts broken in pieces and fold in cream and vanilla. Line 2-quart mold with ice cream and fill with mixture. Freeze.\* *Serves 12.*

## MARRON PLOMBIÈRE

- |                                                                        |                                   |
|------------------------------------------------------------------------|-----------------------------------|
| 1 quart French Vanilla Ice Cream flavored<br>with 2 tablespoons brandy | 1 pint cream, whipped             |
| $\frac{1}{2}$ tablespoon granulated gelatin                            | 1 teaspoon vanilla                |
| 2 tablespoons cold water                                               | Few grains salt                   |
| $\frac{1}{4}$ cup scalded cream                                        | 10 brandied marrons               |
| $\frac{1}{8}$ cup powdered sugar                                       | $\frac{1}{4}$ cup Sultana raisins |
|                                                                        | 5 macaroons                       |
- $1\frac{1}{2}$  tablespoons brandy

Soak gelatin in cold water, dissolve in scalded cream, add powdered sugar. Set in pan of ice water and stir until mixture begins to thicken; add cream, vanilla, salt, marrons broken in pieces, Sultana raisins, and macaroons (broken in pieces) soaked in brandy 1 hour. Line 2-quart mold with ice cream and fill with prepared mixture. Freeze.\* *Serves 12.*

\* General Directions for Freezing, p. 557.



## NESSELRODE PUDDING

|                                             |                                   |
|---------------------------------------------|-----------------------------------|
| 3 cups milk                                 | $\frac{1}{2}$ teaspoon salt       |
| 1 cup sugar                                 | 1 pint thin cream                 |
| 5 egg yolks                                 | $\frac{1}{4}$ cup pineapple sirup |
| $1\frac{1}{2}$ cups marrons canned in sirup |                                   |

Make custard of first 4 ingredients, strain, and cool. Add cream, pineapple sirup, and marrons forced through a sieve. Add more sugar, if necessary. Freeze.\* Line a 2-quart melon mold with part of mixture. To remainder add  $\frac{1}{2}$  cup candied fruit cut in small pieces,  $\frac{1}{4}$  cup Sultana raisins, and 8 marrons broken in pieces and soaked several hours in maraschino sirup. Fill mold. Pack.\* Serve with whipped cream sweetened and flavored with maraschino sirup. *Serves 12.*

## NEW YEAR'S BOMBE

|                                                           |                                  |
|-----------------------------------------------------------|----------------------------------|
| 1 quart French Vanilla Ice Cream (p. 563)                 | 2 cups cream                     |
| 1 cup Nut Brittle (p. 9)                                  | $\frac{1}{3}$ cup Jordan almonds |
| $\frac{3}{4}$ tablespoon granulated gelatin,<br>soaked in | $\frac{1}{4}$ cup powdered sugar |
| 3 tablespoons cold water                                  | 1 teaspoon vanilla               |
|                                                           | $\frac{1}{8}$ teaspoon salt      |

Beat cream until stiff and add gelatin dissolved over hot water, Nut Brittle, almonds (blanched, roasted in hot oven until brown, and chopped), powdered sugar, vanilla, and salt. Line 2-quart mold with ice cream, fill with prepared mixture, adjust cover, and freeze.\*

## NOISETTE BOMBE

|                                                 |                                  |
|-------------------------------------------------|----------------------------------|
| Fresh Strawberry Ice (p. 560)                   | 4 egg yolks                      |
| 1 cup Nut Brittle (p. 9), made<br>with filberts | $1\frac{1}{3}$ cups heavy cream  |
| $\frac{3}{4}$ cup hot Caramel Sirup (p. 9)      | $\frac{1}{2}$ tablespoon vanilla |
|                                                 | Few grains salt                  |

Beat egg yolks until thick, add gradually Caramel Sirup, and cook in double boiler until mixture thickens; then beat until cold. Fold in cream beaten until stiff. Add Nut Brittle, vanilla, and salt. Line 2-quart melon mold with Strawberry Ice, turn in mixture, and freeze.\*

\* General Directions for Freezing, p. 557.

**STRAWBERRY BOMBE**

|                               |                                  |
|-------------------------------|----------------------------------|
| Fresh Strawberry Ice (p. 560) | $\frac{3}{4}$ cup powdered sugar |
| 1 cup whipping cream          | Strawberries                     |
| 2 teaspoons vanilla           | 1 tablespoon Kirsch              |

Beat cream until stiff, add powdered sugar, Kirsch, and vanilla. Force strawberries through sieve to make 1 cup and add to cream. Line 2-quart mold with Strawberry Ice, fill with cream, cover with ice to overflow mold, and freeze.\* Garnish with whipped cream and fresh selected strawberries. *Makes 2 quarts.*

**STRAWBERRY PARFAIT AMOUR**

|                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 quart Strawberry Parfait (p. 574) | $\frac{3}{4}$ cup Jordan almonds |
| 1 pint whipping cream               | $1\frac{1}{2}$ teaspoons vanilla |
| $\frac{1}{2}$ cup powdered sugar    | $\frac{3}{4}$ cup Brittle (p. 9) |

Few grains salt

Beat cream until stiff and add sugar, almonds (blanched, roasted in a slow oven, and chopped), Brittle (broken in small pieces), and salt. Turn into 1-quart border or ring mold, cover with buttered paper, adjust cover, and pack in salt and ice, using 2 parts finely crushed ice to 1 part rock salt, and let stand 3 hours. Remove from mold to chilled serving dish, pile parfait in center, and garnish with crystallized roses. *Serves 12.*

**SULTANA ROLL**

Line round molds or tin boxes with Pistachio Ice Cream (p. 565), sprinkle with Sultana raisins which have been soaked 1 hour in brandy. Fill centers with Vanilla Ice Cream or whipped cream. Cover with Pistachio Ice Cream. Pack.\* Serve with Melba Sauce (p. 592) or Claret Sauce.

**Claret Sauce.** Boil 1 cup sugar and  $\frac{1}{4}$  cup water 8 minutes. Cool slightly and add  $\frac{1}{3}$  cup claret.

**SPUMONE**

Line melon mold with Lemon Ice or French Vanilla Ice Cream. Fill with Bisque Ice Cream and Chocolate Mousse, one layer of each. Freeze.\*

\* General Directions for Freezing, p. 557.

## CHAPTER 27

# Dessert Sauces

Use saucepan large enough to allow for cooking without danger of overflowing but not so large that mixture is only a thin layer in bottom. A pan with a heavy bottom distributes the heat evenly.

### APRICOT SAUCE

$\frac{3}{4}$  cup apricot pulp       $\frac{3}{4}$  cup whipping cream      Sugar

Drain canned apricots from their sirup and rub through a sieve. Beat cream until stiff, add to apricot pulp, and sweeten to taste.

### BANANA SAUCE

1 ripe banana      1 tablespoon lemon juice  
 $\frac{1}{4}$  cup sugar       $\frac{1}{2}$  cup heavy cream, whipped

Peel and scrape banana. Mash and put through sieve. Cook with sugar and lemon juice to boiling point. Chill. Fold into cream. *For Cottage Pudding, Cornstarch Pudding, or ice cream.*

### BUTTERSCOTCH SAUCE

$\frac{1}{2}$  cup butter      1 tablespoon lemon juice  
 $2\frac{2}{3}$  cups brown sugar (1 pound)       $\frac{1}{2}$  cup heavy cream

Combine ingredients. Cook in double boiler 1 hour, stirring occasionally. *For ice cream, Cottage or Cornstarch Pudding, etc.*

**Butterscotch Almond Sauce.** Add toasted whole almonds.

### CAMBRIDGE SAUCE

$\frac{1}{3}$  cup butter       $1\frac{1}{2}$  tablespoons cold water  
1 cup powdered sugar       $\frac{1}{2}$  cup boiling water  
2 teaspoons flour      1 teaspoon vanilla

Cream butter and beat in sugar gradually. Mix flour with cold water, add gradually to boiling water, and boil 5 minutes. Cool. Just before serving, combine mixtures and add flavoring. *For Steamed Puddings, Cottage Puddings, etc.*

**Yankee Sauce.** Add 1 teaspoon vinegar.



**CARAMEL SAUCE**

1 cup sugar      1 cup boiling water

Heat sugar in heavy pan over moderate heat until melted and slightly brown. Stir constantly. Add water slowly. Boil 6 minutes. Cool.  $\frac{1}{4}$  cup clear coffee may replace part of the water. *For custards and other simple desserts.*

**COLD CHOCOLATE SAUCE**

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 2 cups milk                           | 2 tablespoons hot water          |
| $1\frac{1}{2}$ tablespoons cornstarch | 2 eggs                           |
| 2 squares unsweetened chocolate       | $\frac{2}{3}$ cup powdered sugar |
| 4 tablespoons powdered sugar          | 1 teaspoon vanilla               |

Scald  $1\frac{3}{4}$  cups milk, add cornstarch mixed with remaining milk, and cook 8 minutes in double boiler. Melt chocolate over hot water, add 4 tablespoons powdered sugar and hot water; stir until smooth, then add to cooked mixture. Beat egg whites until stiff, add gradually remaining sugar, and continue beating; then add unbeaten yolks and stir into cooked mixture; cook 1 minute, add vanilla. Cool. *For simple puddings, Cottage Puddings, etc.*

**THIN CHOCOLATE SAUCE**

|                            |                                          |
|----------------------------|------------------------------------------|
| 1 cup sugar                | $1\frac{1}{2}$ squares chocolate, melted |
| $\frac{1}{2}$ cup water    | over hot water                           |
| Few grains cream of tartar | $\frac{1}{4}$ teaspoon vanilla           |

Boil sugar, water, and cream of tartar 5 minutes. Add slowly to chocolate. Cool slightly and flavor. Serve hot, if desired. *For Cottage Pudding, ice cream, etc.*

**HOT CHOCOLATE SAUCE**

|                                 |                                |
|---------------------------------|--------------------------------|
| 1 square unsweetened chocolate  | 1 cup sugar                    |
| 1 tablespoon butter             | 2 tablespoons corn sirup       |
| $\frac{1}{3}$ cup boiling water | $\frac{1}{2}$ teaspoon vanilla |
| Few grains salt                 |                                |

Melt chocolate over hot water; add butter and pour water on gradually. Bring to boiling point, add sugar and corn sirup. Boil 5 minutes, cool slightly, add vanilla and salt. *For ice cream or simple pudding.*

**CHOCOLATE CREAM SAUCE**

1 cake (8 ounces) dipping chocolate       $\frac{1}{3}$  cup cream  
1 tablespoon white corn sirup

Melt chocolate over hot water. Add sirup, stir until smooth, and add cream. *For ice cream or Cottage Pudding.*

**FUDGE SAUCE**

Fudge (p. 710). Cook to soft-ball stage, beat well, and serve hot. Prepared fudge mix makes a good sauce. *For ice cream.*

**SPECIAL FUDGE SAUCE**

|                             |                                    |
|-----------------------------|------------------------------------|
| $1\frac{1}{4}$ cups cocoa   | $\frac{1}{2}$ cup white corn sirup |
| $\frac{3}{4}$ cup sugar     | $\frac{1}{2}$ cup milk             |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons butter               |
| 1 tablespoon cornstarch     | 2 teaspoons vanilla                |

Mix dry ingredients, add corn sirup and milk, and mix thoroughly. Cook 15 minutes over hot water, stirring until it thickens. Add butter, cool, and add vanilla. *For ice cream.*

**COFFEE SAUCE**

|                                 |                                       |
|---------------------------------|---------------------------------------|
| $1\frac{1}{2}$ cups milk        | $\frac{3}{4}$ tablespoon arrowroot or |
| $\frac{1}{2}$ cup ground coffee | $1\frac{1}{2}$ tablespoons corn-      |
| $\frac{1}{3}$ cup sugar         | starch                                |

Scald milk with coffee and let stand 20 minutes. Strain and add gradually to sugar mixed with arrowroot or cornstarch. Cook 5 minutes.

**COFFEE CREAM SAUCE**

|                                                      |                             |
|------------------------------------------------------|-----------------------------|
| 3 egg yolks, slightly beaten                         | $\frac{1}{8}$ teaspoon salt |
| 4 tablespoons sugar                                  | 1 cup coffee infusion       |
| $\frac{1}{2}$ cup whipping cream, beaten until stiff |                             |

Add sugar and salt to eggs. Add coffee gradually. Cook in double boiler until thickened, stirring as necessary. Cool, fold in cream.



## CURRANT JELLY SAUCE

|                                 |                         |
|---------------------------------|-------------------------|
| $\frac{1}{2}$ cup currant jelly | 2 teaspoons lemon juice |
| 2 tablespoons hot water         | Few grains salt         |

Break up jelly with fork, add other ingredients. Melt or not. *For Cottage Pudding, etc.*

## CUSTARD SAUCE

Use Soft Custard (p. 510). *For steamed puddings, Snow Pudding, Cottage Pudding, etc.*

## CURAÇAO or DEWEY SAUCE

|                          |                    |
|--------------------------|--------------------|
| 1 cup sugar              | Red coloring       |
| $\frac{1}{4}$ cup water  | 2 tablespoons rum  |
| 2 egg yolks, well beaten | 1 teaspoon curaçao |

Bring sugar and water to boiling point and boil to a thin sirup. Pour slowly on egg yolks and cook, stirring constantly, until mixture thickens slightly. Color red. If desired, use red fruit juice in place of rum and curaçao. *For ice cream.*

## FOAMY SAUCE I

|                                  |                              |
|----------------------------------|------------------------------|
| $\frac{1}{2}$ cup butter         | 1 teaspoon vanilla or        |
| 1 cup powdered sugar             | 2 tablespoons wine (or more) |
| 1 egg or 2 egg yolks well beaten |                              |

Cream butter, add gradually sugar, egg, and flavoring. Beat while heating over hot water. *For steamed puddings.*

**With Cream.** Fold in  $\frac{1}{2}$  cup cream, whipped.

## FOAMY SAUCE II

|                      |                            |
|----------------------|----------------------------|
| 2 egg whites         | $\frac{1}{4}$ cup hot milk |
| 1 cup powdered sugar | 1 teaspoon vanilla         |

Beat egg whites until stiff, add sugar gradually, and continue beating. Add milk and vanilla. *For steamed puddings.*

## FRUIT SAUCE

|                                               |                                    |
|-----------------------------------------------|------------------------------------|
| $\frac{1}{4}$ pound dates                     | $\frac{1}{4}$ pound Jordan almonds |
| $\frac{1}{2}$ pint bottle maraschino cherries | Few grains salt                    |
| $\frac{1}{2}$ pint bottle green figs          | $\frac{1}{2}$ cup sugar            |
| $\frac{1}{2}$ cup water                       |                                    |

Pour boiling water over dates, let stand 3 minutes, drain, stone, and cut in small pieces. Add cherries with sirup, and figs cut in pieces, with sirup. Let stand overnight or for several hours, add almonds (blanched, halved, and browned in a moderate oven), and salt. Boil sugar and water 5 minutes and add fruit. *For ice cream.*

## FRUIT JUICE SAUCE I

|                           |                                     |
|---------------------------|-------------------------------------|
| 1 cup sugar               | $\frac{1}{2}$ cup boiling water     |
| 1 tablespoon cornstarch   | 1 cup fruit juice (fresh or canned) |
| 2 tablespoons lemon juice |                                     |

Mix cornstarch and sugar. Add boiling water and boil 5 minutes. Cool and add fruit juices. *For simple puddings.*

## FRUIT JUICE SAUCE II

Drain sirup from a pint jar of canned strawberry, raspberry, or pineapple, heat to boiling point, thicken slightly with arrowroot, and color with red food color. *For simple puddings.*

## GINGER SAUCE

|                                           |                         |
|-------------------------------------------|-------------------------|
| 1 cup sugar                               | $\frac{1}{2}$ cup water |
| 3 tablespoons chopped crystallized ginger |                         |

Boil 10 minutes. Cool. *For ice cream.*

## HARD SAUCE

|                                    |                                                   |
|------------------------------------|---------------------------------------------------|
| 1 cup confectioners' sugar or      | $\frac{1}{3}$ cup butter                          |
| $\frac{3}{4}$ cup granulated sugar | $\frac{2}{8}$ teaspoon vanilla or other flavoring |

Let butter stand at room temperature until easy to work but not melted. Cream thoroughly, and beat in sugar gradually, continuing until smooth and fluffy. Add flavoring drop by drop to keep from separating. For a richer sauce, beat in  $\frac{1}{4}$  cup heavy cream (lukewarm). When using electric mixer, scrape down sides of bowl once or twice while beating. Chill.

**Brandy Sauce.** Flavor with 1 teaspoon brandy.

**Creamy Sauce.** Add 3 tablespoons warm milk, drop by drop.

**Lemon Hard Sauce.** Add  $\frac{1}{3}$  teaspoon lemon extract or 1 teaspoon lemon juice and 1 tablespoon grated rind.

**Mocha Sauce.** Make with cream and flavor with 2 tablespoons strong coffee and 2 teaspoons dry cocoa.

**Orange Hard Sauce.** Flavor with 2 tablespoons orange juice and add 2 tablespoons grated orange rind.

**Raspberry Sauce.** Beat in 2 or 3 tablespoons Raspberry Sirup (p. 727), adding it drop by drop, to prevent separating.

**Strawberry Hard Sauce.** Wash, hull, and drain  $\frac{2}{3}$  cup strawberries. Beat in one at a time. If desired, beat 1 egg white into sugar and butter mixture before adding berries.

**Wine Sauce.** Beat in 1 to 3 tablespoons sherry or Madeira. Sprinkle with slight grating of nutmeg.

### BROWN SUGAR HARD SAUCE

$\frac{1}{3}$  cup butter

$\frac{2}{3}$  cup brown sugar

Flavoring

Cream butter, beat in sugar gradually. Add flavoring, drop by drop. For variations, see under Hard Sauce (p. 588).

**With Cream.** Add 2 tablespoons heavy cream, drop by drop. Beat thoroughly. Flavor with  $1\frac{1}{2}$  tablespoons sherry and 2 teaspoons brandy, added drop by drop.

**Ohio Sauce.** Make with cream. Add 2 tablespoons chopped nut meats and 2 tablespoons chopped dates. Flavor with lemon extract.

**Sterling Sauce.** Add 3 tablespoons lukewarm cream or milk, then 1 teaspoon vanilla or 2 tablespoons wine, drop by drop.

### HONEY SAUCE

Add 2 tablespoons melted butter to 2 teaspoons cornstarch. Stir until smooth. Add  $\frac{1}{2}$  cup honey and cook 5 minutes.

### HONEY CREAM SAUCE

$\frac{1}{3}$  cup whipping cream

$\frac{1}{4}$  to  $\frac{1}{2}$  cup honey

1 teaspoon lemon juice

Whip cream until thick and whip in honey and lemon juice.

**LEMON SAUCE**

|                         |                                        |
|-------------------------|----------------------------------------|
| $\frac{1}{2}$ cup sugar | 2 tablespoons butter                   |
| 1 tablespoon cornstarch | $1\frac{1}{2}$ tablespoons lemon juice |
| 1 cup boiling water     | Few gratings nutmeg                    |
| Few grains salt         |                                        |

Mix sugar and cornstarch, add water gradually, stirring constantly. Boil 5 minutes, remove from fire, add other ingredients.

**Vanilla Sauce.** Use 1 teaspoon vanilla in place of lemon juice and nutmeg.

**Hot Orange Sauce.** Use 1 cup orange juice in place of water.

**THIN LEMON SAUCE**

|                                |                          |
|--------------------------------|--------------------------|
| $\frac{3}{4}$ cup sugar        | 2 teaspoons butter       |
| $\frac{1}{4}$ cup water        | 1 tablespoon lemon juice |
| 2 tablespoons light corn sirup |                          |

Boil sugar, corn sirup, and water in small saucepan 5 minutes without stirring. Remove from heat, add butter and lemon juice.

**ICED MADEIRA SAUCE**

|                                |                         |
|--------------------------------|-------------------------|
| $\frac{1}{4}$ cup orange juice | $\frac{1}{2}$ cup sugar |
| 2 tablespoons lemon juice      | 1 cup boiling water     |
| $\frac{1}{2}$ cup Madeira      | 2 egg whites            |

Freeze fruit juice and Madeira as for sherbet (p. 557). Boil sugar and water 5 minutes, pour slowly on beaten egg whites, set in pan of salted ice water, and stir until cold. Add to frozen mixture.

**MAPLE CREAM SAUCE**

|                   |                         |
|-------------------|-------------------------|
| 1 cup maple sirup | $\frac{1}{2}$ cup cream |
|-------------------|-------------------------|

Boil sirup and cream to soft-ball stage (232° F.). Beat 1 minute.

**With Nuts.** Add  $\frac{1}{2}$  cup chopped nut meats.

**MAPLE RUM SAUCE**

Heat maple sirup and add rum to taste. *For ice cream.*

**MAPLE SUGAR SAUCE**

|                                 |                     |
|---------------------------------|---------------------|
| $1\frac{1}{2}$ cups maple sugar | 2 teaspoons vanilla |
| $\frac{1}{2}$ cup cream         | 1 tablespoon butter |

Cook sugar and cream until mixture bubbles. Add vanilla and butter. Beat until thick.

# MOCK MAPLE SIRUP

|                         |                                |
|-------------------------|--------------------------------|
| 1 cup light brown sugar | Few grains salt                |
| $\frac{1}{3}$ cup water | $\frac{1}{4}$ teaspoon vanilla |

Dissolve sugar in water, add salt, boil 1 minute. Add vanilla. Serve hot or cold.

# MARASCHINO SAUCE

|                                 |                                        |
|---------------------------------|----------------------------------------|
| $\frac{2}{3}$ cup boiling water | $\frac{1}{4}$ cup maraschino cherries, |
| $\frac{1}{3}$ cup sugar         | cut in halves                          |
| 2 tablespoons cornstarch        | $\frac{1}{2}$ cup maraschino sirup     |
| $\frac{1}{2}$ tablespoon butter |                                        |

Mix sugar and cornstarch, add gradually to boiling water, stirring constantly. Boil 5 minutes, and add cherries, sirup, and butter.

# MARSHMALLOW SAUCE

|                                  |                            |
|----------------------------------|----------------------------|
| $\frac{1}{4}$ pound marshmallows | 1 cup confectioners' sugar |
| $\frac{1}{4}$ cup boiling water  |                            |

Cut marshmallows in pieces; melt in double boiler. Dissolve sugar in boiling water, add to marshmallows. Stir until thoroughly blended. *For puddings or ice cream.*

# MARSHMALLOW MINT SAUCE

|                         |                          |
|-------------------------|--------------------------|
| $\frac{1}{2}$ cup sugar | 1 egg white              |
| $\frac{1}{4}$ cup water | 1 drop oil of peppermint |
| 8 marshmallows          | Green coloring           |

Boil sugar and water 5 minutes. Add marshmallows cut in small pieces (using scissors) and add gradually to egg white beaten until stiff. Flavor, color, and chill. *For ice cream or chocolate puddings.*

# MARYLAND SAUCE

|                          |                            |
|--------------------------|----------------------------|
| $\frac{1}{2}$ cup butter | 6 tablespoons hot water    |
| 1 cup sugar              | 3 tablespoons brandy       |
| 4 egg yolks, well beaten | 4 egg whites, beaten stiff |

Cream butter with sugar. Beat in yolks. Add water and brandy gradually. Put in bowl and spoon egg whites on top. Mix as served. *For steamed puddings.*



**MELBA SAUCE I**

1 cup canned *or* fresh raspberries       $\frac{1}{4}$  cup sugar

Crush berries, strain to remove seeds. Add sugar and cook to a heavy sirup. *For simple puddings, steam puddings, or ice cream.*

**MELBA SAUCE II**

1 cup pulp and juice of raspberries       $\frac{1}{2}$  tablespoon arrowroot *or*  
 $\frac{1}{2}$  cup currant jelly      cornstarch  
 $\frac{1}{2}$  cup sugar      1 tablespoon cold water

Add jelly and sugar to raspberries. Bring to boiling point. Add arrowroot or cornstarch mixed with cold water. Stir until thick and clear. Strain and cool. *For puddings or ice cream.*

**MINCEMEAT SAUCE**

$\frac{1}{2}$  cup sugar       $\frac{1}{2}$  cup water      1 cup mincemeat

Boil sugar and water 5 minutes. Add mincemeat.

**MOLASSES SAUCE**

1 cup molasses      2 tablespoons lemon juice *or*  
 $1\frac{1}{2}$  tablespoons butter      1 tablespoon vinegar

Boil molasses and butter 5 minutes; remove from fire and add lemon juice or vinegar.

**MONROE SAUCE**

2 cups brown sugar      4 tablespoons butter  
 1 cup boiling water      1 teaspoon vanilla  
 4 tablespoons cold water      Slight grating nutmeg  
 2 teaspoons cornstarch      Few grains salt

Boil sugar and water 12 minutes. Add cold water to cornstarch and stir until smooth; then add gradually, while stirring constantly, to sirup and simmer 40 minutes. Just before serving, add butter, vanilla, nutmeg, and salt. *For steamed puddings, etc.*

**ORANGE SAUCE I**

3 egg whites      Juice and rind 2 oranges  
 1 cup powdered sugar      Juice 1 lemon

Beat whites until stiff, add sugar gradually, and continue beating. Add rind and fruit juices. *For steamed puddings, Cottage Pudding, etc.*

## ORANGE SAUCE II

|                                 |                    |
|---------------------------------|--------------------|
| Grated rind $\frac{1}{2}$ lemon | Few grains salt    |
| Juice $\frac{1}{2}$ lemon       | 2 egg yolks        |
| $\frac{1}{2}$ cup orange juice  | 2 egg whites       |
| $\frac{1}{3}$ cup sugar         | 1 teaspoon vanilla |

Mix grated rind, fruit juices, sugar, salt, and egg yolks, beaten slightly. Cook, stirring constantly, until mixture thickens. Add gradually, while beating constantly, to egg whites, beaten until stiff. Cool and add flavoring.

## ORANGE CREAM SAUCE

|                            |                         |
|----------------------------|-------------------------|
| 1 egg, slightly beaten     | $\frac{3}{4}$ cup sugar |
| Grated rind 1 orange       | 3 tablespoons flour     |
| 2 tablespoons orange juice | 1 cup heavy cream       |

Combine ingredients (except cream) and cook and stir in double boiler until thick. Cool; fold in cream, whipped. *Serve on sponge cake squares or on any simple pudding.*

## PINEAPPLE MINT SAUCE

|                           |                         |
|---------------------------|-------------------------|
| 1 cup crushed pineapple   | $\frac{3}{4}$ cup water |
| 1 cup sugar               | Green coloring          |
| 6 drops oil of peppermint |                         |

Simmer pineapple, sugar, and water 10 minutes. Cool, color, and add peppermint. Chill. *For ice cream.*

## RAISIN SAUCE

|                                                  |                                        |
|--------------------------------------------------|----------------------------------------|
| 1 cup seeded raisins, cut fine <i>or</i> chopped | $\frac{1}{2}$ cup sugar                |
| $1\frac{1}{2}$ cups cold water                   | $1\frac{1}{2}$ tablespoons lemon juice |

Add raisins to water. Simmer until soft. Add sugar, cook slowly 15 minutes. Add lemon juice.

## SABAYON SAUCE

|                                                     |                                  |
|-----------------------------------------------------|----------------------------------|
| Grated rind and juice $\frac{1}{2}$ lemon           | $\frac{1}{3}$ cup sugar          |
| $\frac{1}{2}$ cup orange juice <i>or</i> white wine | 2 egg yolks                      |
| <i>or</i> $\frac{1}{4}$ cup sherry                  | 2 egg whites, beaten until stiff |

Combine ingredients (except egg whites). Stir vigorously over hot water until thickened, using a wire whisk. Pour over egg whites.

**ROXBURY SAUCE**

|                                 |                                 |
|---------------------------------|---------------------------------|
| 1 egg yolk                      | $\frac{1}{8}$ teaspoon salt     |
| 1 cup powdered sugar            | $\frac{1}{2}$ teaspoon vanilla  |
| $\frac{1}{2}$ cup scalded milk  | 1 tablespoon lemon juice        |
| 1 teaspoon cornstarch           | Grated rind $\frac{1}{4}$ lemon |
| 1 egg white, beaten until stiff |                                 |

Beat egg yolk until thick and lemon-colored. Beat in  $\frac{3}{4}$  cup sugar gradually. Mix remaining sugar, cornstarch and salt, and add, gradually, scalded milk. Cook in double boiler 10 minutes, stirring constantly until mixture thickens. Combine mixtures, add flavorings and fold in egg white.

**CREAM SABAYON SAUCE**

|                         |                                 |
|-------------------------|---------------------------------|
| $\frac{1}{2}$ cup milk  | $\frac{1}{2}$ teaspoon vanilla  |
| $\frac{1}{2}$ cup cream | 2 tablespoons sugar             |
| 2 egg yolks             | Few grains salt                 |
| 2 tablespoons sherry    | 2 egg whites beaten until stiff |

Scald milk and cream in double boiler. Beat egg yolks until thick and add sugar. Pour milk and cream gradually, while beating constantly, on egg mixture and cook in double boiler, beating constantly with whisk until mixture thickens. Add wine, vanilla, and salt and pour over egg whites.

**SEA FOAM SAUCE**

|                         |                         |
|-------------------------|-------------------------|
| 2 tablespoons butter    | 1 egg yolk              |
| 2 tablespoons flour     | $\frac{1}{2}$ cup water |
| $\frac{1}{2}$ cup sugar | 1 teaspoon vanilla      |
| 1 egg white             |                         |

Cream butter and add flour, mixed with sugar, gradually, while stirring constantly; then add egg yolk, well beaten, water, and vanilla. Cook in double boiler until mixture thickens, stirring constantly at first, and afterwards occasionally. Cool. Just before serving, add egg white beaten until stiff.

**STRAWBERRY SAUCE**

|                        |             |
|------------------------|-------------|
| 2 cups berries, hulled | 1 cup sugar |
|------------------------|-------------|

Mash berries, add sugar, and let stand 1 hour. *See also* Strawberry Whip (p. 526).

## STRAWBERRY CREAM SAUCE

|                           |                               |
|---------------------------|-------------------------------|
| 1 egg white, beaten stiff | 1 cup strawberries, washed    |
| 1 egg yolk, beaten thick  | and hulled                    |
| 1 cup powdered sugar      | $\frac{1}{2}$ cup thick cream |
|                           | $\frac{1}{4}$ cup milk        |

Combine ingredients in order given. Beat until smooth.

## WHIPPED CREAM

|                                   |                                |
|-----------------------------------|--------------------------------|
| $\frac{1}{2}$ pint whipping cream | 1 tablespoon powdered sugar    |
|                                   | $\frac{1}{2}$ teaspoon vanilla |

Beat cream slightly and add sugar gradually while beating constantly, using egg beater. If cream is very thick, dilute by adding top milk, a little at a time, while beating. Watch carefully to avoid overbeating, especially when using electric beater. Add vanilla and few grains salt when stiff enough to hold its shape. To use with very sweet desserts, use less sugar or none.

**Frozen Whipped Cream.** Pack in drawer of mechanical refrigerator or pack in salt and ice and serve in cubes.

**To Whip Thin Cream.** Soften 1 teaspoon gelatin in 1 tablespoon cold water. Dissolve over hot water. Add to cream. Add 1 egg white. Beat.

**Creamy Jam Sauce.** Beat cream, fold in  $\frac{1}{4}$  cup tart jam (black currant, etc.). No sugar is needed.

**Molasses or Honey Cream.** Sweeten with molasses or honey in place of sugar.

## YELLOW SAUCE

|                                             |                                        |
|---------------------------------------------|----------------------------------------|
| 2 eggs                                      | $\frac{2}{3}$ teaspoon vanilla or wine |
| $\frac{1}{2}$ to 1 cup confectioners' sugar | Few grains salt                        |

Beat egg whites until stiff and beat in half the sugar. Without washing beater, beat yolks until thick, adding remaining sugar gradually. Combine and flavor.

**Floradora Sauce.** Make half quantity and fold in  $\frac{3}{4}$  cup heavy cream, beaten until stiff.

**FOAMY SAUCE III**

2 egg yolks       $\frac{3}{4}$  cup heavy cream

Beat egg yolks until thick and lemon-colored. Beat in cream. *For sweet desserts which require an unsweetened sauce.*

**DEVONSHIRE CREAM**

1 quart milk, preferably not pasteurized      1 pint heavy cream

Combine milk and cream. Put in shallow pan. Set in cool place and leave undisturbed for 48 hours. Carefully set pan over low heat. Heat slowly until top crinkles. Remove from stove, cool, and set in icebox to chill. Skim off cream, which will be of consistency of soft cream cheese. Serve in place of whipped cream or with jam and scones or toast.

**MOCK DEVONSHIRE CREAM**

1 cream cheese (3 ounces)       $\frac{1}{2}$  cup heavy cream

Mash cheese, beat in cream. Beat until smooth.



## CHAPTER 28

# *Pastry and Pies*

Perfect pastry requires the best shortenings, thoroughly chilled. Lightness depends on the amount of air enclosed and expansion of that air in baking. Flakiness depends upon kind and amount of shortening used. Lard makes more tender crust than butter, but lacks flavor which butter gives. Wash butter (p. 8) to remove salt and buttermilk, thus making it of a waxy consistency, easy to handle.

For rolling paste, use a smooth wooden board or pastry cloth and rolling pin with handles. A cover for rolling pin is useful.

Puff Paste should be used for vol-au-vents, patties, rissoles, bouchées, cheese straws, tarts, etc. It may be used for rims and upper crusts of pies, but never for lower crusts. Plain paste may be used wherever pastry is needed, except for vol-au-vents and patties.

### PUFF PASTE

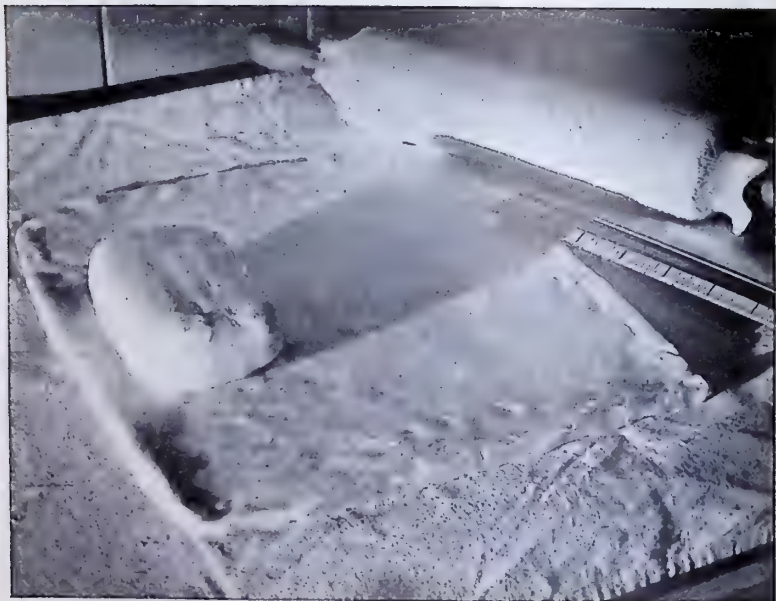
| <i>By Weight</i>           | <i>By Measurement</i>           |
|----------------------------|---------------------------------|
| $\frac{1}{2}$ pound butter | 1 cup butter                    |
| 7 ounces bread flour       | $1\frac{1}{2}$ cups bread flour |
| 5 ounces ice water         | $\frac{5}{8}$ cup ice water     |

Wash butter (p. 8). Reserve 1 tablespoon and shape remainder into an oblong piece  $\frac{1}{2}$  inch thick, and put on floured board or cloth. Work the reserved tablespoon of butter into flour with tips of fingers of right hand, 2 knives, or pastry mixer. Moisten to a dough with ice water, turn on slightly floured board, and knead 5 minutes. Cover with cloth and bowl, and let stand 5 minutes.

Pat, lift, and roll  $\frac{1}{8}$  inch thick, keeping paste longer than wide, and corners square. Draw into shape with fingers if necessary. Place butter in center of one side of paste. Fold other side of paste over butter. Press edges firmly, to enclose as much air as possible.

Fold one end of paste over enclosed butter, other end underneath.

Turn paste  $\frac{1}{4}$  way round, pat, lift, and roll  $\frac{1}{8}$  inch thick, having paste longer than wide, lifting often to prevent paste from sticking and dredging board slightly with flour when necessary. Fold from ends towards center, making 3 layers. Repeat 4 times, turning paste  $\frac{1}{4}$  way round each time before rolling. After fourth rolling, fold from ends to center, and double, making 4 layers. Chill. If paste is to be kept for several days, wrap in wax paper, and put in refrigerator, but not in direct contact with ice.



*Puff Paste Calls for Precision in Preparation*

**To Bake Puff Paste.** Shape, chill thoroughly. Arrange on cooky sheet covered with 2 thicknesses of brown paper. Bake 5 minutes in very hot oven ( $500^{\circ}$  F.), then reduce heat  $50^{\circ}$  every 5 minutes down to moderate ( $350^{\circ}$  F.). Turn frequently.

**Patty Shells.** Roll  $\frac{1}{4}$  inch thick. Cut out rounds with cutter dipped in hot water. Remove centers from half the rounds with smaller cutter to make rims. Moisten edges of plain rounds with cold water, put on rims, press edges together slightly, and chill

until paste is stiff. Bake (*see* p. 598). Bake small rounds separately for covers. The shells should rise their full height and begin to brown in 12 to 15 minutes; finish baking in 25 minutes. Lay trimmings carefully on top of each other, pat, and roll out to use for small pastries.

**Vol-au-Vent.** Roll  $\frac{1}{8}$  inch thick, mark an oval on paste with cutter or mold, and cut out with sharp knife, first dipped in flour. Brush over near the edge with cold water, put on a rim  $\frac{3}{4}$  inch wide, press lightly, prick several times, chill, and bake (p. 598). If desired, bake on outside of oval mold. During the first half-hour, cover, watch carefully, and turn frequently. Roll paste cut from center of rim  $\frac{1}{4}$  inch thick, shape, chill, bake, and use for cover to the vol-au-vent.

### QUICK PUFF PASTE

|                   |                          |
|-------------------|--------------------------|
| 1 cup bread flour | Ice water                |
| 1 tablespoon lard | $\frac{7}{8}$ cup butter |

Work lard into flour, first using knife, then tips of fingers. Moisten to a dough with ice water, pat, and roll out like Puff Paste. Dot paste with small pieces of butter, using  $\frac{1}{3}$  the quantity. Dredge with flour, fold from ends toward center, then double, making 4 layers. Pat and roll out. Repeat until butter is used. Roll, shape, chill, and bake like Puff Paste (p. 598).

### GERMAN SWEET PASTRY

|                                  |                                    |
|----------------------------------|------------------------------------|
| $2\frac{1}{2}$ cups pastry flour | 2 tablespoons sugar <i>or</i> less |
| 1 egg                            | Water, vinegar, <i>or</i> rum to   |
| $\frac{2}{3}$ cup butter         | moisten, about 2 tablespoons       |
|                                  | Few grains of salt                 |

Work quickly in a cool room. Have hands cool. Sift the flour in a mound on molding board. Break egg into center of flour. Cut butter in pieces over the surface. With spatula cut in butter and egg until well blended. Add salt, sugar, and liquid sufficient to form dough. Knead for 5 minutes or until smooth. Cover with a bowl and allow to stand for 1 or 2 hours before rolling out. Bake in hot oven (400° F.). Use for open fruit pies, cherry, etc.

**CRUMB PIES**

|                            |                       |
|----------------------------|-----------------------|
| 1½ cups graham cracker,    | ½ cup sugar (or less) |
| gingersnap, or rusk crumbs | ½ cup melted butter   |

Roll crumbs fine, add sugar and butter. Reserve ½ cup and use rest to line 9-inch pie plate, patting firmly with back of spoon. Chill. Fill with any cream filling or sweetened fresh fruit or cooked fruit. Cover with Meringue (below). Sprinkle with reserved crumbs. Bake 15 minutes in slow oven (300° F.). Also for chiffon pies.

**MERINGUE**

|                              |                             |
|------------------------------|-----------------------------|
| 2 egg whites                 | ½ tablespoon lemon juice or |
| 2 tablespoons powdered sugar | ¼ teaspoon vanilla          |

Beat whites until stiff but not dry, using egg beater, silver fork, wire spoon, or whisk. Beat in sugar gradually, and continue beating until well blended. Add flavoring. Spread evenly on pie or dessert, spread and pile in center, put on by spoonfuls, or spread part of mixture and put rest through pastry bag and tube to make a pattern. Bake 15 minutes in slow oven (300° F.).

Meringues to serve on individual desserts may be baked separately on cookie sheet covered with waxed paper and slipped on dessert with spatula. Or they may be baked in muffin rings set in hot water, or in muffin tins half full of hot water.

**Sweet Meringue.** Fold in 3 additional tablespoons sugar before adding flavoring.

**Jelly Meringue.** Omit sugar and add 4 tablespoons firm jelly. Bake about 10 minutes.

**PLAIN PASTRY**

|                     |                         |
|---------------------|-------------------------|
| 2 cups pastry flour | ⅓ cup lard or vegetable |
| ½ teaspoon salt     | shortening              |
| ⅓ cup butter        | Ice water (about ⅓ cup) |

Mix salt with flour. Work in butter and lard with finger tips, two knives, or pastry mixer, until shortening is evenly mixed in bits no larger than peas. Stir with fork and moisten to dough with water. Pat gently into ball, wrap in waxed paper, and chill thoroughly.

*Makes 1 2-crust pie or 1 open pie and several tarts or small pastries.*

**Catherine's Pastry.** Add ⅓ teaspoon baking powder. Work in lard but reserve butter. Roll out, dot over with ⅓ the butter, roll up like jelly roll, pat, and roll out; repeat twice. Chill.



**Hot Water Pastry.** Use boiling water. Add  $\frac{1}{2}$  teaspoon baking powder to flour. Chill.

**Orange Pastry.** Use orange juice in place of water. Add 1 teaspoon grated orange rind.

**Cheese Pastry.** Add 1 ounce sharp, old cheese. If grated, cut into pastry with butter. Or, put flour, shortening, and cheese through food chopper 3 times before adding liquid. Chill.

**Nut Pastry.** Grind pecan or walnut meats through fine cutter. Substitute  $\frac{1}{2}$  cup ground nuts for  $\frac{1}{2}$  cup flour in recipe. Add a little extra salt.

## TWO-CRUST PIES

Divide chilled pastry mixture into 2 portions, one slightly larger than the other. Chill larger portion until ready to roll out.

**Undercrust.** Place smaller portion on slightly floured board or pastry cloth. Roll with light quick strokes of rolling pin (milk bottle in an emergency!), working away from center to make circle about 1 inch larger than pie tin and about  $\frac{1}{8}$  inch thick. To prevent sticking, avoid pressing down on pastry with rolling pin and lift occasionally with broad spatula and sprinkle board or cloth lightly with flour. Fold in half and lift into pie tin. Unfold and fit lightly into pan. Trim edge evenly with scissors or sharp knife, allowing about 1 inch extra around edge. Never grease pie plate; good pastry greases its own tin.

**Put in filling,** heaping fruit high in center.

**Top Crust.** Roll out reserved pastry in same way as for undercrust. After folding in half, cut several slits near center to allow for escape of steam during baking, or prick well with a fork after placing over filling. Brush edge of undercrust with water, fit top crust over filling, fold edge of top crust over undercrust, press lightly together, and press with fingers or tines of fork. For juicy fruit pies, bind with pie tape, strip of gauze, or cloth dipped in cold water.

**To Glaze Pies.** Dot over upper crust of pie with shortening just before baking. Or brush with ice water or milk.

**To Bake Pies.** Set pie in bottom of hot oven (450° F.) for 10 minutes. Then move to middle shelf, reduce heat to moderate (350° F.), and bake 40 minutes or until done. If upper crust browns too quickly, cover with paper.



## ONE-CRUST PIES

Arrange undercrust as for 2-crust pie. Brush edge with cold water. Cut strips of paste  $\frac{3}{4}$  inch wide and put on rim, fulling slightly to allow for shrinkage. Put in filling. Squash, pumpkin, and custard pies are much less care during baking, if bound around edge with pie tape or strip of gauze or cloth dipped in cold water. If desired, arrange strips of pastry across the top, lattice fashion. Bake according to instructions under Two-Crust Pies (p. 601).



*Shape the Fluted Rim with Thumb and Finger*

**With Fluted Rim.** Roll paste  $\frac{1}{4}$  inch thick and 3 inches larger than plate in diameter. Fit into pie plate and trim so that it hangs over 1 to  $1\frac{1}{2}$  inches all around. Double pastry edge, making it stand upright at right angles to plate. Press into fluted shape with fingers. Chill thoroughly. Put in filling. Bind with strip of cloth wrung out of cold water, having cloth stand upright against pastry rim.

**BAKED PIE SHELLS**

I. Cover an inverted pie plate with paste, prick several times, and bake 12 minutes in hot oven (450° F.). Remove from tin and return to oven to brown inside.

II. Line tin with crust as for one-crust pie. Set another tin inside to hold it in shape or cover pastry with wax paper and half fill with rice. Bake and discard rice and paper.

**APPLE PIE**

|                                                          |                                 |
|----------------------------------------------------------|---------------------------------|
| 6 to 8 sour apples                                       | $\frac{1}{4}$ teaspoon salt     |
| $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar, white or brown | $\frac{1}{2}$ tablespoon butter |
| $\frac{1}{4}$ teaspoon grated nutmeg or cinnamon         | 2 teaspoons lemon juice         |
|                                                          | Few gratings lemon rind         |

Line pie plate with pastry. Pare, core, and cut apples in eighths, put row around plate  $\frac{1}{2}$  inch from edge, and work towards center until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon juice, and grated rind, and sprinkle over apples. Dot over with butter. Wet edges of undercrust, cover with upper crust, and press edges together. Prick several places with fork. Bake.\* Evaporated apples, soaked overnight in cold water, may be used in place of fresh fruit. *Makes 9-inch pie.*

**Deep Apple Pie.** Bake in deep baking dish, omitting lower crust. Serve plain or with cream, whipped cream (plain or frozen), or ice cream.

**Cardinal Apple Pie.** Bake filling (with addition of 1 cup hot water) in small earthen dish, closely covered, in very slow oven (250° F.) for 3 hours. Cool and bake as above.

**APRICOT PIE**

3 cups apricots, mashed      Sugar to taste

If dried apricots are used, soak 12 hours. Bake\* with bottom crust and strips of pastry, lattice fashion over the top. *Makes 9-inch pie.*

**BANANA CREAM PIE**

Fill baked pie shell with sliced bananas. Pour over cold Soft Custard (p. 510). Chill. Cover with whipped cream or sprinkle with coconut.

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

**BANANA CUSTARD PIE**

|                                  |                                                 |
|----------------------------------|-------------------------------------------------|
| 1 cup scalded milk               | 2 egg yolks, slightly beaten                    |
| $\frac{1}{3}$ cup sugar          | $\frac{1}{4}$ cup thin cream <i>or</i> top milk |
| $2\frac{2}{3}$ tablespoons flour | $\frac{3}{4}$ tablespoon lemon juice            |
| $\frac{1}{8}$ teaspoon salt      | 1 large banana                                  |

Mix sugar, flour, and salt, and add egg yolks. Pour on scalded milk gradually, while stirring constantly, and cook in double boiler 15 minutes, stirring constantly until mixture thickens, and afterwards occasionally. Cool and add cream, lemon juice, and banana, peeled, scraped, and cut in  $\frac{1}{4}$ -inch slices. Chill thoroughly and turn into baked pie shell.\* Cover with Meringue (p. 600). Bake. *Makes 9-inch pie.*

**BLACKBERRY PIE**

|                                                        |                                      |
|--------------------------------------------------------|--------------------------------------|
| $2\frac{1}{2}$ cups berries, picked over<br>and washed | Sugar<br>$\frac{1}{8}$ teaspoon salt |
|--------------------------------------------------------|--------------------------------------|

Cook berries until soft with enough water to prevent burning. Add sugar to taste and salt. Cool. Line pie plate with pastry,\* put on rim, fill with berries. Arrange 6 strips pastry across top, cut same width as rim. Put on upper rim. Bake\* 30 minutes. *Makes 9-inch pie.*

**BLUEBERRY PIE**

|                                 |                             |
|---------------------------------|-----------------------------|
| $2\frac{1}{2}$ cups berries     | $\frac{1}{2}$ cup sugar     |
| Flour                           | $\frac{1}{8}$ teaspoon salt |
| $\frac{1}{2}$ tablespoon butter |                             |

Line a deep plate with Plain Pastry, fill with berries slightly dredged with flour; sprinkle with sugar and salt, dot with butter, cover with pastry, prick, and bake\* 45 to 50 minutes. One-third molasses and  $\frac{2}{3}$  sugar may be used instead of all sugar. Six green grapes (seeds removed), cut in small pieces, much improve the flavor, particularly if huckleberries are used in place of blueberries. *Makes 9-inch pie.*

**DATE PIE**

|                      |                  |                            |
|----------------------|------------------|----------------------------|
| 2 cups dates, pitted | 1 cup cold water | 2 tablespoons orange juice |
|----------------------|------------------|----------------------------|

Cook dates and water to a thick paste. Add orange juice and cool. Fill baked pie shell\* (9-inch) and cover with whipped cream.

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

**CHERRY PIE I**

1 quart cherries (preferably sour)      Flour for dredging  
4 tablespoons sugar

Stone cherries. Line pie plate with paste. Fill with cherries. Sprinkle with sugar. Dredge lightly with flour. Put on top crust and bake.\* *Makes 9-inch pie.*

**CHERRY PIE II**

2½ cups canned cherries, stoned      Few grains salt  
¼ cup cherry juice      2 tablespoons sugar, or more if  
2½ tablespoons quick-cooking      cherries are unsweetened  
tapioca      ½ tablespoon butter

Line pie plate with paste. Put in cherries. Mix juice, sugar, tapioca, and salt and pour over cherries. Dot with butter. Put on top crust. Bind. Bake.\* If softer filling is liked, reduce tapioca to 1½ tablespoons. *Makes 9-inch pie.*

**German Cherry Pie.** Line plate with German Sweet Pastry (p. 599), making edge for 1-crust pie. Fill as above. Beat 1 egg yolk, add ½ cup cream, and pour over filling. If desired, arrange strips of pastry across top.

**CRANBERRY PIE**

1½ cups cranberries      ½ cup water  
¾ cup sugar      1½ tablespoons flour

Mix ingredients and cook 10 minutes. Cool. Bake\* in 1 crust, with a rim, and strips across top. *Makes 9-inch pie.*

**Cranberry and Raisin Pie.** Add ½ cup seeded raisins to mixture.

**CURRENT PIE**

1 cup currants      ¼ cup flour  
1 cup sugar      2 egg yolks, slightly beaten  
2 tablespoons water

Mix flour and sugar, add egg yolks mixed with water. Wash currants, drain, remove stems, and then measure; add to first mixture and bake in 1 crust or 2; cool, cover with Meringue,\* and bake.\* *Makes 9-inch pie.*

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

**DATE CUSTARD PIE**

|                           |                             |
|---------------------------|-----------------------------|
| 2 cups milk               | 2 eggs                      |
| $\frac{1}{3}$ pound dates | $\frac{1}{4}$ teaspoon salt |
| Few gratings nutmeg       |                             |

Cook pitted dates and milk 20 minutes in double boiler. Rub through sieve, and add eggs and salt. Finish like Custard Pie (p. 612).

**FRESH FRUIT PIE**

|                             |                                            |
|-----------------------------|--------------------------------------------|
| Fresh fruit, cut in pieces  | $\frac{1}{4}$ cup cracker crumbs <i>or</i> |
| $\frac{1}{2}$ cup sugar     | 2 tablespoons quick-cook-                  |
| $\frac{1}{8}$ teaspoon salt | ing tapioca <i>or</i> 2 table-             |
|                             | spoons flour                               |

Line pie plate with pastry, fill with fruit, and cover with sugar mixed with cracker crumbs, tapioca, or flour, and add salt. Put on top crust or strips of pastry, lattice fashion, and bake.\* Reduce heat as necessary to keep mixture from boiling over.

**PINEAPPLE PIE**

|                                |                                        |
|--------------------------------|----------------------------------------|
| 2 cups hot, crushed pine-      | $\frac{1}{2}$ cup sugar (2 tablespoons |
| apple                          | with canned pineapple)                 |
| 2 tablespoons cornstarch       | 1 tablespoon butter                    |
| $\frac{1}{4}$ teaspoon salt    | 1 tablespoon lemon juice               |
| 1 tablespoon grated lemon rind |                                        |

Mix cornstarch, salt, and sugar. Add to pineapple. Cook in double boiler 20 minutes, stirring constantly until thickened. Cool, add other ingredients, fill baked pie shell,\* cover with Sweet Meringue,\* and bake until delicately brown. *Makes 9-inch pie.*

**PRUNE PIE**

|                                 |                                 |
|---------------------------------|---------------------------------|
| $\frac{1}{2}$ pound prunes      | 1 tablespoon lemon juice        |
| $\frac{1}{2}$ cup sugar (scant) | $1\frac{1}{2}$ teaspoons butter |
| 1 tablespoon flour              |                                 |

Wash prunes and soak in enough hot water to cover. Cook in same water until soft. Remove stones, cut prunes in quarters, and mix with sugar and lemon juice. Reduce juice to  $1\frac{1}{2}$  tablespoons. Line plate with pastry, fill with prunes, pour over juice, dot with butter, and dredge with flour. Put on upper crust. If desired, bake in one crust. Bake.\* *Makes 9-inch pie.*

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.



**PEACH PIE**

Cover peaches with boiling water, let stand 1 minute, and remove skins. Cut in eighths, cook until soft with enough water to prevent burning; sweeten to taste, and cool. Or use canned peaches. Fill baked pie shell.\* Cover with whipped cream.

**DEEP DISH PEACH PIE**

Arrange whole peaches (peeled) in deep baking dish. Sprinkle with sugar. Cover with Plain Pastry,\* prick with fork, and bake.\*

**PEACH CRUMBLE PIE**

|                      |                   |
|----------------------|-------------------|
| Peaches              | 1 cup flour       |
| 3 tablespoons butter | 1 cup brown sugar |

Slice peaches, fill glass pie plate. Cream butter, add flour and sugar, and spread over peaches. Bake in moderate oven (350° F.) 45 minutes. Serve warm or cold in baking dish.

**RAISIN PIE**

|                                          |                               |
|------------------------------------------|-------------------------------|
| $\frac{3}{4}$ cup seeded raisins, washed | 1 egg, well beaten            |
| $2\frac{1}{4}$ cups water                | 3 tablespoons lemon juice     |
| $1\frac{1}{2}$ cups sugar                | 3 teaspoons grated lemon rind |
| $4\frac{1}{2}$ tablespoons flour         | $\frac{1}{8}$ teaspoon salt   |

Soak raisins in water 2 hours. Mix sugar and flour, add to egg. Add seasonings, raisins, and liquid. Cook over hot water 15 minutes or until thickened, stirring occasionally. Cool. Line pie plate with Plain Pastry, fill with mixture, and arrange strips across top, lattice fashion. Bake.\* *Makes 1 pie.*

**RHUBARB PIE**

|                             |                     |
|-----------------------------|---------------------|
| $1\frac{1}{2}$ cups rhubarb | 1 egg               |
| $\frac{1}{8}$ cup sugar     | 2 tablespoons flour |

Cut stalks of rhubarb in  $\frac{1}{2}$ -inch pieces before measuring. Mix sugar, flour, and egg; add to rhubarb and bake\* between crusts or in 1 crust with lattice strips of pastry across top. Many prefer to scald rhubarb before using; if so prepared, it loses some of its acidity and less sugar is required. *Makes 1 pie.*

**Rhubarb and Raisin Pie.** Before putting on top crust, sprinkle with  $\frac{1}{2}$  cup seeded raisins, cut in halves.

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

**LEMON MERINGUE PIE**

|                          |                              |
|--------------------------|------------------------------|
| 1½ cups sugar            | 4 egg yolks, slightly beaten |
| 1½ cups boiling water    | Grated rind 2 lemons         |
| 4 tablespoons cornstarch | ½ cup lemon juice            |
| 4 tablespoons flour      | 2 teaspoons butter           |
|                          | ½ teaspoon salt              |

Mix cornstarch, flour, salt, and sugar, and add boiling water, stirring constantly. Stir until mixture boils, cover, and cook 20 minutes in double boiler. Add butter. Pour over egg yolks. Return to double boiler and cook 2 minutes. Cool and add rind and juice of lemon. Fill baked pie shell,\* spread with Meringue,\* and bake until delicately brown. For firmer filling, use 5 tablespoons flour and 5 tablespoons cornstarch. *Makes 9-inch pie.*

**LEMON SPONGE PIE or PUDDING**

|             |                                  |
|-------------|----------------------------------|
| 4 eggs      | 1½ lemons, grated rind and juice |
| 1 cup sugar | ⅛ teaspoon salt                  |

Beat egg yolks, sugar, and salt until light. Add lemon rind and juice. Stir and cook over hot water until thick. Fold in egg whites, beaten stiff. Pour into baked pie shell\* or buttered baking dish and brown lightly in oven. *Makes 9-inch pie.*

**ORANGE PIE**

|                    |                     |
|--------------------|---------------------|
| 1 cup orange juice | 3 egg yolks         |
| Juice 1 lemon      | ½ cup sugar         |
|                    | 3 tablespoons flour |

Beat yolks, add sugar and flour. Add juice, stir, and cook over hot water until thick. Fill baked pie shell,\* cover with Sweet Meringue,\* and bake.

**Coconut Orange Pie.** In place of Meringue, cover with thin layer of whipped cream and sprinkle with freshly grated coconut.

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

## LEMON CHIFFON PIE

|                              |                               |
|------------------------------|-------------------------------|
| 1 tablespoon gelatin         | $\frac{1}{2}$ teaspoon salt   |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup lemon juice |
| 4 egg yolks                  | 1 teaspoon grated lemon rind  |
| 1 cup sugar                  | 4 egg whites                  |

Sprinkle gelatin over cold water. Beat yolks, add  $\frac{1}{2}$  cup sugar, salt, and lemon juice and rind. Cook and stir in double boiler until thick. Add gelatin and stir until it dissolves. Cool. When beginning to set, fold in egg whites beaten until stiff with remaining sugar. Pour into baked pie shell. Chill. If desired, fold  $\frac{1}{2}$  to 1 cup heavy cream, whipped, into mixture or spread finished pie with whipped cream. *Makes 9-inch pie.*

**Eggnog Chiffon Pie.** Use hot water in place of lemon juice. Omit lemon rind. Add 3 tablespoons rum. When cold, cover with thin layer of unsweetened whipped cream and sprinkle with nutmeg.

**Orange Chiffon Pie.** Use grated orange rind in place of lemon rind. Use orange juice in place of water and lemon juice and add 1 tablespoon lemon juice.

**Chocolate Chiffon Pie.** Instead of lemon juice and rind, add  $\frac{1}{2}$  cup boiling water and 6 tablespoons cocoa or 2 squares chocolate, melted. Flavor with rum, if desired.

## COFFEE CHIFFON PIE

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1 tablespoon gelatin                 | $\frac{3}{4}$ cup sugar             |
| $\frac{3}{4}$ cup cold strong coffee | $\frac{1}{2}$ teaspoon salt         |
| 4 eggs                               | $\frac{1}{2}$ cup hot strong coffee |
| 1 tablespoon lemon juice             |                                     |

Soak gelatin in cold coffee 5 minutes. Beat egg yolks slightly. Add  $\frac{1}{2}$  cup sugar, salt, and hot coffee and cook over boiling water until custard-like. Add gelatin and lemon juice. Cool slightly. Beat whites until stiff with remaining sugar. Fold into custard. Fill baked pie shell\* and chill. Serve spread with a thin layer of whipped cream. *Makes 9-inch pie.*

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

**PUMPKIN CHIFFON PIE**

|                                                        |                                             |
|--------------------------------------------------------|---------------------------------------------|
| 3 egg yolks                                            | $\frac{1}{2}$ teaspoon, each, salt, ginger, |
| 1 cup sugar                                            | nutmeg, and cinnamon                        |
| $1\frac{1}{4}$ cups cooked <i>or</i> canned<br>pumpkin | 1 tablespoon gelatin                        |
| $\frac{1}{2}$ cup milk                                 | $\frac{1}{4}$ cup water                     |
|                                                        | 3 egg whites                                |

Beat egg yolks with  $\frac{1}{2}$  cup sugar and add pumpkin, milk, and seasonings. Cook and stir in double boiler until thick. Add gelatin, soaked 5 minutes in water, and stir until gelatin is dissolved. Cool. When beginning to thicken, fold in egg whites, beaten until stiff with remaining sugar. Pour into baked pie shell. Chill. Garnish with whipped cream. *Makes 9-inch pie.*

**STRAWBERRY CHIFFON PIE**

|                                  |                                 |
|----------------------------------|---------------------------------|
| $1\frac{1}{2}$ cups strawberries | $\frac{1}{2}$ cup boiling water |
| $\frac{3}{4}$ cup sugar          | 1 tablespoon lemon juice        |
| 1 tablespoon gelatin             | 2 egg whites                    |
| $\frac{1}{4}$ cup cold water     | $\frac{1}{8}$ teaspoon salt     |

Wash, hull, and slice berries, cover with sugar, and let stand  $\frac{1}{2}$  hour. Sprinkle gelatin over cold water, let stand 5 minutes, add boiling water and lemon juice, stir, and strain over berries. Stir well and chill until mixture begins to thicken. Fold in egg whites and salt, beaten until stiff but not dry. If desired, fold in  $\frac{1}{2}$  cup heavy cream, beaten until stiff. Pour into baked pie shell. Garnish with whipped cream and a few perfect berries. *Makes 9-inch pie.*

**BUTTERSCOTCH PIE**

I. Fill baked pie shell with Butterscotch Filling (p. 661). Cover with Meringue\* or garnish with whipped cream.

II. Make three 9-inch circles of Puff Paste or Catherine's Pastry, bake, and put together with Butterscotch Filling.

**CHEESE PIE or CHEESE CAKE**

|                                        |                               |
|----------------------------------------|-------------------------------|
| German Sweet Pastry (p. 599)           | 4 egg yolks, slightly beaten  |
| 1 cup butter                           | $\frac{1}{4}$ cup sherry      |
| 1 cup sugar                            | Grated rind 1 lemon           |
| 2 cups dry cottage cheese              | $\frac{1}{4}$ teaspoon nutmeg |
| 4 egg whites, beaten stiff but not dry |                               |

Line 9-inch pie tin with pastry. Cream butter and sugar, add

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

other ingredients, folding in egg whites last. Fill pie tin. Bake 30 minutes in hot oven (400° F.).

### CREAM PIE

Fill baked pie shell with Cream Filling (p. 660) or bake two or three 9-inch circles of pastry\* and put together with filling; sprinkle top with powdered sugar.

**Frangipan Cream Pie.** Use Frangipan Cream (p. 662).

**Coconut Cream Pie.** Use egg yolks in making Cream Filling. Add  $\frac{1}{2}$  cup coconut to filling. Cover with Meringue.\* Sprinkle with grated coconut. Bake in slow oven (300° F.) until delicately brown.

**Devonshire Cream Pie.** Cut out three 9-inch pastry circles. Cut center from one, leaving  $1\frac{1}{2}$ -inch ring. Bake. Put Cream Filling (p. 660) between pieces. Place ring on top, fill with fresh strawberries or other fruit sweetened to taste. Garnish, if desired, with whipped cream.

### CHOCOLATE CREAM PIE

|                                   |                               |
|-----------------------------------|-------------------------------|
| 2 $\frac{1}{2}$ squares chocolate | $\frac{1}{2}$ teaspoon salt   |
| 2 $\frac{1}{2}$ cups cold milk    | 4 egg yolks, slightly beaten, |
| 4 tablespoons flour               | or 2 eggs                     |
| 1 cup sugar                       | 2 tablespoons butter          |
|                                   | 2 teaspoons vanilla           |

Scald milk with chocolate. Beat until mixture is smooth. Combine flour, sugar, and salt. Add to egg yolks or eggs. Pour small amount of chocolate mixture over egg mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Add butter and vanilla. Cool. Pour into baked pie shell\* and cover with Meringue or whipped cream. *Makes 9-inch pie.*

### PECAN PIE

|                             |                                |
|-----------------------------|--------------------------------|
| 3 eggs                      | 1 cup light corn sirup         |
| $\frac{1}{2}$ cup sugar     | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{4}$ teaspoon salt | 1 cup pecans, broken in pieces |

Beat eggs slightly. Add other ingredients. Mix well. Line plate with plain pastry,\* pour in filling, and bake 45 minutes in slow oven (300° F.). Chill. Cover with thin layer of whipped cream and garnish with pecan halves. *Makes 9-inch pie.*

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.



## CUSTARD PIE

|                         |                             |
|-------------------------|-----------------------------|
| 4 eggs, slightly beaten | $\frac{1}{4}$ teaspoon salt |
| 6 tablespoons sugar     | 3 cups milk                 |
| Few gratings nutmeg     |                             |

Add sugar, salt, and milk to eggs. Line plate with Plain Pastry\* and build up a fluted rim.\* Brush inside with egg white slightly beaten with fork. Strain in the mixture and sprinkle with few gratings nutmeg. Bake 10 minutes in hot oven (450° F.), then reduce heat to slow (300° F.), and bake until firm when tested with silver knife. *Makes 9-inch pie.*

**Caramel Custard Pie.** Caramelize sugar and add it to scalded milk before pouring over eggs.

**Chocolate Custard Pie.** Scald milk with 2 squares chocolate. Beat with whisk until smooth.

**Coconut Custard Pie.** Add  $\frac{1}{2}$  cup grated coconut to custard mixture and sprinkle top with grated coconut.

## PUMPKIN PIE

|                                                                                     |                                                                                      |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 3 cups steamed and strained<br>pumpkin, or canned pumpkin<br>(1-pound 13-ounce tin) | $\frac{1}{4}$ teaspoon powdered cloves<br>3 teaspoons cinnamon<br>3 teaspoons ginger |
| 1 cup light brown sugar                                                             | 1 teaspoon salt                                                                      |
| 1 cup white sugar                                                                   | 4 eggs, slightly beaten                                                              |
| 2 tablespoons molasses                                                              | 2 cups scalded milk (or part cream)                                                  |

If canned pumpkin is used, stir and cook until thick before measuring. Mix ingredients in order given and bake\* in 1 crust. As a variation, stir in 1 tablespoon grated orange rind. Serve covered with thin layer of whipped cream, if liked. *Makes two 9-inch pies.*

**With Pecans.** Cover baked pie with pecan halves. Sprinkle with  $\frac{1}{2}$  cup Caramel Sirup (p. 9).

## SQUASH PIE

|                                                     |                                                        |
|-----------------------------------------------------|--------------------------------------------------------|
| 2 $\frac{1}{2}$ cups steamed and strained<br>squash | $\frac{1}{2}$ teaspoon cinnamon, ginger,<br>nutmeg, or |
| $\frac{1}{2}$ cup sugar                             | $\frac{1}{2}$ teaspoon lemon extract                   |
| 1 teaspoon salt                                     | 1 egg, slightly beaten                                 |
| 1 $\frac{3}{4}$ cups milk                           |                                                        |

Mix sugar, salt, and spice or extract, add squash, egg, and milk

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

gradually. Bake in 1 crust.\* Garnish, if desired, with whipped cream to which has been added finely chopped preserved ginger.

### RICH SQUASH PIE

|                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 cup squash, steamed and strained | 4 tablespoons brandy, if desired     |
| 1 cup heavy cream                  | Cinnamon } 1 teaspoon each           |
| 1 cup sugar                        | Nutmeg }                             |
| 3 eggs, slightly beaten            | Ginger } $\frac{3}{4}$ teaspoon each |
|                                    | Salt }                               |
|                                    | $\frac{1}{4}$ teaspoon mace          |

Line a deep pie plate with Plain or Puff Paste. Brush over paste with egg white, slightly beaten, and sprinkle with stale bread crumbs. Fill and bake.\* Serve warm. *Makes 1 large pie.*

### SWEET POTATO PIE

|                                                    |                      |
|----------------------------------------------------|----------------------|
| 1 $\frac{1}{2}$ cups boiled, mashed sweet potatoes | Sugar to taste       |
| 1 egg, beaten                                      | Salt                 |
|                                                    | 2 tablespoons butter |
|                                                    | 1 cup milk           |

Mix in order given. Bake in 1 crust in hot oven (450° F.) until lightly brown. Flavor with rum, if liked. *Makes one 9-inch pie.*

### MINCE PIE

Bake mince pies with 2 crusts. For Thanksgiving and Christmas pies, Puff Paste is often used for rims and upper crusts, but is never satisfactory when used for undercrusts.

### QUICK MINCEMEAT

|                                           |                                        |
|-------------------------------------------|----------------------------------------|
| 1 cup chopped apple                       | 1 teaspoon cinnamon                    |
| $\frac{1}{2}$ cup seeded raisins, chopped | $\frac{1}{2}$ teaspoon powdered cloves |
| $\frac{1}{2}$ cup currants                | $\frac{1}{2}$ nutmeg, grated           |
| $\frac{1}{4}$ cup butter                  | $\frac{1}{8}$ teaspoon mace            |
| 1 tablespoon molasses                     | 1 teaspoon salt                        |
| 1 tablespoon boiled cider                 | Stock to moisten                       |
| 1 cup sugar                               | 1 cup chopped, cooked meat             |
|                                           | 2 tablespoons fruit jelly              |

Mix ingredients, except meat and jelly, and simmer 1 hour. Add meat and jelly. Cook 15 minutes.

\* Pastry, p. 600. To Bake Pies, p. 601. Meringue, p. 600.

## MINCEMEAT

|                    |                                              |
|--------------------|----------------------------------------------|
| 4 pounds lean beef | 4 pounds raisins, seeded and cut in pieces   |
| 2 pounds beef suet | $\frac{1}{2}$ pound finely cut citron        |
| Baldwin apples     | 1 quart grape juice <i>or</i> cooking brandy |
| 3 quinces          | 1 tablespoon cinnamon and mace               |
| 3 pounds sugar     | 1 tablespoon powdered clove                  |
| 2 cups molasses    | 2 grated nutmegs                             |
| 2 quarts cider     | 1 teaspoon pepper                            |
| 3 pounds currants  | Salt to taste                                |

Cover meat and suet with boiling water and cook until tender. Cool in water in which they are cooked; the suet will rise to top, forming a cake of fat, which may be easily removed. Chop meat fine and add it to twice the amount of finely chopped apples. The apples should be quartered, cored, and pared previous to chopping, or skins may be left on, which is not an objection if apples are finely chopped. Add quinces finely chopped, sugar, molasses, cider, raisins, currants, and citron; also suet, and stock in which meat and suet were cooked reduced to  $1\frac{1}{2}$  cups. Heat gradually, stir occasionally, and cook slowly 2 hours; then add grape juice or brandy and spices.

## MOCK MINCEMEAT

|                                                 |                                   |
|-------------------------------------------------|-----------------------------------|
| 4 tablespoons cracker crumbs                    | 1 cup raisins, seeded and chopped |
| $1\frac{1}{2}$ cups sugar                       | $\frac{1}{2}$ cup butter          |
| 1 cup molasses                                  | 2 eggs, well beaten               |
| $\frac{1}{3}$ cup lemon juice <i>or</i> vinegar | Spices                            |

Mix ingredients in order given, using spices to taste. *Makes two 9-inch pies.*

## GREEN TOMATO MINCEMEAT

|                                |                                 |
|--------------------------------|---------------------------------|
| 3 pints chopped apples         | 1 teaspoon clove                |
| 3 pints chopped green tomatoes | $\frac{3}{4}$ teaspoon allspice |
| 4 cups brown sugar             | $\frac{3}{4}$ teaspoon mace     |
| $1\frac{1}{3}$ cups vinegar    | $\frac{3}{4}$ teaspoon pepper   |
| 3 cups raisins                 | 2 teaspoons salt                |
| 3 teaspoons cinnamon           | $\frac{3}{4}$ cup butter        |

Mix apples with tomatoes and drain. Add remaining ingredients,

except butter, bring gradually to boiling point, and simmer 3 hours, then add butter. Turn into glass jars as soon as made.

### TARTLETS

Roll Puff Paste (p. 597), Plain Pastry (p. 600), Cheese or Orange Pastry,  $\frac{1}{4}$  inch thick. Cut out. Glaze (p. 601), if desired. Bake in hot oven (450° F.). Cool. Fill with jam, jelly, marmalade, or Cream Filling (p. 660), etc.

#### To Shape

1. Cut out rounds. From half of them remove centers with small biscuit cutter or fancy cookie cutter. Brush plain rounds with cold water, press other rounds on top.

2. Cut out  $2\frac{1}{2}$ -inch squares. Wet corners, fold toward center, and press lightly. When baked, press down centers.

3. Stars. Cut in 3-inch squares. Make a  $1\frac{1}{2}$ -inch cut from each corner toward center and fold alternate corners to center to form star shapes. Bake. Cool, press down centers, and fill with any jelly, jam, or Cream Filling (p. 660). Brush points with egg white and sprinkle with chopped nuts.

### TART SHELLS

1. Cut Puff Paste (p. 597), Plain Pastry (p. 600), or German Sweet Pastry (p. 599) in rounds of size to cover inverted patty pans. Cover outside of pans, prick all over with fork, and bake in hot oven (450° F.). Cool slightly and remove carefully from pans.

2. Line patty pans or boat-shaped tins, etc., with pastry, prick, line with waxed paper, and half fill with rice or barley to keep pastry in shape. Bake. Remove from tins and discard paper and rice.

**Lemon Tarts.** Fill baked shells with Lemon Meringue Pie (p. 608) mixture. Cover with Meringue (p. 600) and bake until delicately brown or cover with thin layer of whipped cream.

**Pecan Tarts I.** Fill unbaked shells (Method 2) with Pecan Pie filling (p. 611) and bake. Paper and rice or barley are not needed.

### FRUIT TARTS

Fill baked Tart Shells with sweetened fresh fruit or drained preserved fruit. Cut peaches or apricots in halves and place in shells

cut side up. To glaze, cook  $\frac{3}{4}$  cup raspberry, apricot, or cherry juice with 2 tablespoons sugar and 1 tablespoon cornstarch until thick, then, stirring constantly, 20 minutes longer in double boiler. Pour over filled tarts. Chill. Top with sweetened whipped cream, if desired. Garnish with nut meats, bit of jelly, or fruit.

**Banana Cream Tarts.** Fill with sliced bananas. Cover with whipped cream, sweetened, and flavored with almond extract.

**Devonshire Cream Tarts.** Beat  $\frac{1}{4}$  pound cream cheese and  $\frac{1}{3}$  cup heavy cream together until stiff and smooth. Line baked Tart Shells (p. 615) with mixture. Dot with bit of currant jelly or mix 2 cups sliced strawberries and  $\frac{1}{2}$  cup sugar and fill tarts. If desired, put fluting of cheese mixture around edge, using pastry bag and rose tube.

**Peach Praline.** Put 2 tablespoons Praline Cream Filling (p. 661) in each baked Tart Shell. On cream, place canned peach half, poached in its sirup, cover with Meringue (p. 600), and bake until delicately brown.

### ALMOND TARTS

|                                                                    |                                |
|--------------------------------------------------------------------|--------------------------------|
| $1\frac{1}{4}$ cups Jordan almonds, blanched<br>and finely chopped | 3 eggs, slightly beaten        |
| 2 tablespoons rolled and sifted<br>cracker crumbs                  | $\frac{1}{3}$ cup sugar        |
|                                                                    | $\frac{1}{3}$ teaspoon salt    |
|                                                                    | 2 cups milk                    |
|                                                                    | $\frac{1}{2}$ teaspoon vanilla |

Mix and fill patty pans lined with Puff Paste (p. 597) or Plain Pastry (p. 600). Bake.

### CHEESE TARTS

|                              |                                                    |
|------------------------------|----------------------------------------------------|
| 1 cup sweet milk             | Juice and grated rind 1 lemon                      |
| 1 cup sour milk              | $\frac{1}{4}$ cup almonds, blanched and<br>chopped |
| 1 cup sugar                  |                                                    |
| 4 egg yolks, slightly beaten | $\frac{1}{4}$ teaspoon salt                        |

Scald sweet and sour milk, strain through cheesecloth. To curd add sugar, egg yolks, lemon, and salt. Line patty pans with pastry, fill with mixture, and sprinkle with chopped almonds. Bake in hot oven (450° F.) for 10 minutes, then reduce to moderate (350° F.).



**BANBURY TARTS**

1 cup seeded raisins, chopped

1 egg, slightly beaten

1 cup sugar

1 tablespoon cracker crumbs

Juice and grated rind 1 lemon

Mix raisins, sugar, egg, crumbs, lemon juice, and rind. Roll pastry  $\frac{1}{8}$  inch thick, and cut pieces  $3\frac{1}{2}$  inches long by 3 inches wide. Put 2 teaspoons of mixture on each piece. Moisten edge halfway round with cold water, fold over, press edges together with 3-tined fork first dipped in flour. Bake 20 minutes in moderate oven (350° F.).

**With Cheese.** Place a thin square of cheese on filling before folding. Start baking in hot oven (450° F.), reducing heat after 5 minutes to moderate (350° F.).

**COCONUT CREAM TARTS** $\frac{1}{2}$  cup moist coconut $\frac{1}{4}$  cup sugar $\frac{1}{2}$  cup milk

1 tablespoon flour

 $\frac{1}{2}$  tablespoon cornstarch $\frac{1}{8}$  teaspoon salt

1 tablespoon cold water

1 tablespoon butter

1 egg

 $\frac{1}{8}$  teaspoon vanilla

Soak coconut 1 hour in  $\frac{1}{4}$  cup milk, heat in double boiler, and add gradually cornstarch diluted with water, while stirring constantly. Cook until mixture thickens, stirring constantly. Add egg yolk mixed with sugar, flour, salt, and remaining milk. Cook 15 minutes, stirring constantly until mixture thickens, afterwards occasionally. Add butter and vanilla. Fold in egg white beaten stiff. Fill baked Tart Shells.

**PECAN TARTS II** $\frac{1}{4}$  cup butter $\frac{1}{4}$  teaspoon soda $\frac{1}{4}$  cup brown sugar $\frac{1}{4}$  teaspoon clove

2 egg yolks, beaten until thick

 $\frac{1}{8}$  teaspoon grated nutmeg $\frac{1}{4}$  cup molasses

Few grains cayenne

 $\frac{1}{4}$  cup milk

Few gratings lemon rind

 $1\frac{1}{8}$  cups flour $\frac{1}{2}$  cup chopped pecan nut meats

Cream butter, add sugar gradually, egg yolks, molasses, milk, and flour mixed with soda and seasonings. Line small round or boat-shaped tins with Plain Pastry (p. 600) or Puff Paste (p. 597). Half fill with mixture, sprinkle with nut meats, and bake.

## PINEAPPLE TARTS

|                         |                              |
|-------------------------|------------------------------|
| $\frac{3}{4}$ cup sugar | 1 cup crushed pineapple      |
| 2 tablespoons flour     | 2 egg yolks, slightly beaten |
| $\frac{1}{2}$ cup water | $\frac{1}{4}$ teaspoon salt  |

Mix sugar and flour. Pour on water gradually, while stirring constantly. Boil 5 minutes. Add pineapple, egg yolks, and salt. Fill baked Tart Shells (p. 615). Cover with Meringue (p. 600) and bake until delicately brown.

## SMALL PASTRIES

Roll out Puff (p. 597) or Plain Pastry (p. 600)  $\frac{1}{8}$  inch thick. Cut in squares, oblongs, or rounds or in any fancy shapes with cooky cutters. A pastry jagger makes a fancy edge. Bake in hot oven (450° F.) until delicately browned. Decorate with bit of jelly or frosting, etc., or as suggested below. Use scraps of pastry for Cocktail Pastries or Galettes, or twist into shapes, brush with egg white, sprinkle lightly with sugar, and shape as desired.

**To Glaze.** Two minutes before removing from oven, brush over with (1) milk, (2) milk, then sprinkle sparingly with sugar, (3) well-beaten egg yolk diluted with 1 tablespoon milk, (4) slightly beaten egg white, or (5) fruit sirup.

**Bouchées.** Make very small patty shells or use Choux Paste (p. 553). Fill with cream or lemon filling or use as cocktail tidbits, with lobster or chicken salad, etc.

**Cocktail Pastries.** After rolling out, sprinkle with grated cheese and paprika (press lightly into pastry), or spread lightly with anchovy paste or other spread. Cut in oblongs or fancy shapes and bake.

**Coconut Tea Cakes.** Bake until nearly done. Cool slightly, brush with beaten egg white, sprinkle with shredded coconut, and finish baking.

**Galettes.** Brush with egg white, sprinkle with cinnamon and sugar. Bake.

**Lemon or Orange Sticks.** Bake oblongs. Put together with Lemon or Orange Filling (pp. 662, 663).

**Nut Pastry Sticks.** Bake strips 5 by 1 inch. Cool slightly, brush over with egg white slightly beaten and diluted with 1 teaspoon

cold water. Sprinkle generously with chopped pecan nut meats, return to oven, and bake 2 minutes.

**Orange Pastries.** Roll Puff Paste (p. 597)  $\frac{1}{4}$  inch thick, cut out, and bake. Split, fill with orange marmalade, cover tops with Orange Frosting (p. 653), and sprinkle around edge a border of chopped, candied orange peel.

**Pineapple Circles.** Bake rounds, size of pineapple slices. Put together with Cream Filling (p. 660). Place a slice of canned pineapple on each and garnish with halves of candied cherries. Pineapple may be cooked in its own sirup until soft.

**Smithfield Pastries.** Roll out pastry. Spread with finely chopped ham or ham spread mixed with melted butter. Roll like jelly roll. Slice and bake. Serve with cocktails or salad.

**Swedish Tea Circles.** Roll  $\frac{1}{8}$  inch thick, spread generously with chopped, blanched Jordan almonds, mixed with sugar, using half as much sugar as nut meats. Pat and roll  $\frac{1}{8}$  inch thick and shape with a small, round cutter dipped in flour. Bake 8 minutes in hot oven (450° F.).

## TURNOVERS or RISSOLES

Cut Plain Pastry (p. 600) in 4-inch squares or rounds. Lay 1 tablespoon filling in middle of one side, wet edges with cold water, fold over, and press edges together lightly. Prick. Bake 15 minutes in hot oven (450° F.). For filling, use jam, jelly, preserved or cooked fruit, sliced apple, applesauce, or mincemeat, etc. With a meat or cheese filling, turnovers may be served as a luncheon dish or entrée.

### Chicken and Ham Filling

$\frac{1}{2}$  cup chopped, cooked chicken

Thick White Sauce (p. 222)

$\frac{1}{4}$  cup chopped, cooked ham

Salt and cayenne

Mix chicken and ham. Moisten with sauce. Season to taste.

### Lamb Filling

3 tablespoons butter

1 cup lamb stock

Few drops onion juice

Salt, paprika, and curry powder

$\frac{1}{4}$  cup flour

$\frac{2}{3}$  cup cold, cooked lamb, cubed

Cook butter with onion juice until well browned. Add flour, continue browning, add stock, and season. Bring to boiling point. Add lamb to half the sauce. Serve remaining sauce with Risssoles.

**CREAM CHEESE TURNOVERS**

|                                  |                                  |
|----------------------------------|----------------------------------|
| $\frac{1}{4}$ pound butter       | $1\frac{1}{2}$ cups pastry flour |
| $\frac{1}{4}$ pound cream cheese | Tart jam <i>or</i> jelly         |

Work butter and cream cheese into flour with finger tips, two knives, or pastry mixer. Chill. Roll out, cut in 2-inch squares, put spoonful of tart jam or jelly on each, moisten edges with cold water, and press together to make triangles or oblongs. Prick with fork and bake in hot oven (450° F.).

**CIGARETTES À LA PRINCE HENRY**

Roll Puff Paste (p. 597) very thin and spread with Chicken Force meat (p. 173). Roll like jelly roll and cut in pieces 4 inches long and a little larger than a cigarette. Brush over with egg, crumb, fry, and drain (see p. 6).

**Zigaras à la Russe.** Use filling made as follows: Melt 2 tablespoons butter, add 4 tablespoons flour and then  $\frac{1}{2}$  cup milk slowly. Stir and cook 2 minutes and add 1 tablespoon heavy cream, 1 egg yolk, and  $\frac{1}{3}$  cup grated cheese. Season highly with salt and cayenne, and cool.

**CONDÉS**

|                                  |                                     |
|----------------------------------|-------------------------------------|
| 2 egg whites                     | $\frac{2}{3}$ cup almonds, blanched |
| $\frac{3}{4}$ cup powdered sugar | and finely chopped                  |

Beat egg whites until stiff, add sugar gradually, then almonds. Cut Plain (p. 600) or Puff Paste (p. 597) in strips  $3\frac{1}{2}$  inches long by  $1\frac{1}{2}$  inches wide. Spread with mixture; avoid having it come close to edge. Dust with powdered sugar and bake 15 minutes in moderate oven (350° F.).

**CREAM HORNS**

Roll Puff Paste (p. 597) in long rectangular piece,  $\frac{1}{8}$  inch thick. Cut in strips  $\frac{3}{4}$  inch wide. Roll paste over forms bought for the purpose, having edges overlap. Bake in hot oven (450° F.) until well puffed and slightly browned. Brush over with egg white slightly beaten and diluted with 1 teaspoon water, then sprinkle

with sugar. Finish baking in moderate oven (350° F.) and remove from forms. Cool, fill with Cream Filling (p. 660) or whipped cream.

### MARGUERITE SQUARES

|                                 |                        |
|---------------------------------|------------------------|
| 1½ cups sugar                   | 2 egg whites           |
| ½ cup water                     | ¼ cup shredded coconut |
| 12 marshmallows, cut in eighths | ⅓ cup seeded raisins   |
| ¼ teaspoon vanilla              |                        |

Boil sugar and water until it threads, add marshmallows, pour gradually on egg whites beaten stiff, while beating constantly. When thoroughly blended, add coconut, raisins, and vanilla. Bake 2-inch squares of Plain or Puff Paste (pp. 597, 600) until delicately brown. Spread nearly to edge with mixture and finish baking.

### NAPOLEONS

Bake 3 sheets of pastry, pricking well before baking. Put between the sheets Cream Filling (p. 660), spread top with Confectioners' Frosting (p. 652), sprinkle with pistachio nuts blanched and chopped, crease in pieces about 2½ × 4 inches, and cut with sharp knife.

### NUT PASTRY ROLLS

Cut paste in pieces 5 × 3 inches. Spread with jelly which has been beaten with a fork until of right consistency to spread, sprinkle with chopped pecan nut meats, and roll each piece separately like a jelly roll. Place on cooky sheet, having edges of rolls on bottom, to keep them from unrolling. Bake. If desired, make one large roll, press firmly, and cut off slices.

### PALM LEAVES

Sprinkle cloth or board with powdered sugar. Roll Puff Paste (p. 597) ¼ inch thick, turn over, and roll ⅛ inch thick into strip 12 to 15 inches long. Fold each end twice towards the center, making 3 layers, then double, making 6 layers. From the end, cut off pieces ½ inch wide, lay on baking sheet, cut side down, and spread ends slightly. Arrange 1 inch apart. Bake 8 minutes in hot oven (450° F.). When half baked, turn with spatula to bake other side.



## FLORENTINE MERINGUE

Roll Puff (p. 597) or Plain Pastry (p. 600)  $\frac{1}{8}$  inch thick; cut a piece 10 inches long by 7 inches wide; place on cooky sheet, wet edges, and put on a  $\frac{1}{2}$ -inch rim. Prick with fork 6 times and bake. Cool and spread with jam, cover with Meringue (p. 600) and almonds blanched and shredded; sprinkle with powdered sugar and bake until delicately brown.

## GÂTEAU ST. HONORÉ

|                         |                       |
|-------------------------|-----------------------|
| Puff Paste (p. 597)     | Glacé fruits (p. 707) |
| Choux Paste (p. 553)    | Jam or marmalade      |
| Boiled Filling (p. 654) |                       |

Cut out a circle of Puff Paste 9 inches in diameter and prick several times. Put a border of Choux Paste around edge, using pastry bag and plain tube. Shape remaining Choux Paste in tiny balls. Bake in hot oven (450° F.), reducing heat when gâteau is well risen. Cool and spread center of gâteau with jam or marmalade. Cover with filling. Arrange tiny cream puffs, filled and frosted around border, fastening with sugar sirup. Decorate with glacéed fruit.

## DANISH PASTRY

|                                   |                                  |
|-----------------------------------|----------------------------------|
| $\frac{1}{4}$ cup sugar           | 1 egg, well beaten               |
| 4 tablespoons butter              | $\frac{1}{4}$ teaspoon vanilla   |
| 1 teaspoon salt                   | $\frac{1}{4}$ teaspoon mace      |
| 1 cup scalded milk                | Flour                            |
| 1 yeast cake, <i>dissolved in</i> | $\frac{7}{8}$ cup butter, washed |
| 3 tablespoons warm water          |                                  |

To hasten process, use 2 yeast cakes.

Put sugar, 4 tablespoons butter, salt, and milk in bowl. When lukewarm, add dissolved yeast cake, egg, flavorings, and  $1\frac{1}{2}$  cups flour. Beat well, add 1 cup flour, stir with knife until well mixed, add sufficient flour to knead, keeping dough as soft as possible. Let rise until double in bulk, roll out  $\frac{1}{4}$  inch thick. Divide washed butter in small bits, place half in center of strip of dough. Fold over 1 end of dough to cover butter, place remaining butter on top, and fold over other end of dough, pressing edges firmly to-

gether. Turn  $\frac{1}{4}$  way round, pat with rolling pin, and roll as thin as possible, lifting it frequently to keep from sticking. Fold each end to center, pat, fold to make 4 layers, turn  $\frac{1}{4}$  way round, and pat, lift, roll, and fold 3 times. Cover and let rise 20 minutes. Roll, shape as desired, let rise half an hour but not until double in bulk. Bake on brown paper on baking sheet in moderately hot oven ( $375^{\circ}$  F.) for 20 to 25 minutes, according to size. Decorate as desired.

### HORNS

Cut Danish Pastry in triangles 5 inches long and 3 inches wide at base. Put on a little jam or Cream Filling (p. 660). Press long edges firmly together, shape like horns, brush with egg, let rise, and bake. Brush with Confectioners' Frosting (p. 652) and sprinkle with nut meats cut in pieces.

### PINWHEELS

Roll Danish Pastry  $\frac{1}{2}$  inch thick, cut in 4-inch squares, and make cut from each corner almost to center. Fold each alternate point to center, pressing down firmly. Place on brown paper on cooky sheet, put jam in center, brush with beaten egg, sprinkle with nut meats, let rise, bake, and brush with Confectioners' Frosting (p. 652).

## CHAPTER 29

# Loaf and Layer Cakes

### Characteristics of a Perfect Cake

*Appearance.* Symmetrical with flat or slightly rounded top. Even, delicately colored crust (slightly pebbled for sponge cake).

*Texture.* Light, fine, even grain, with surface tender, moist, and soft to touch. "Velvety" crumb in butter cakes.

*Flavor.* Delicate but not flat. Use good-quality extracts sparingly.

**Ingredients.** Use fine sugar, fresh eggs, and good shortening, either butter or one of the many excellent cooking fats. Use cake or pastry flour. Cake and pastry flours are made of soft wheat and are used wherever delicate texture is required. If bread flour is used, reduce amount by two tablespoons for each cup of flour required in recipe.

**To Mix Cake with an Electric Beater.** 1. Measure all ingredients. Have all materials at room temperature and the butter cut in pieces and soft but not melted. Sift flour before measuring. Add flavoring to liquid. If egg whites are to be added separately, beat until stiff but not dry and add 1 tablespoon for each egg white out of the amount of sugar called for in recipe.

2. Cream butter until soft and creamy (about 1 minute at high speed) and beat in sugar until light. Scrape mixture down from sides with rubber scraper.

3. Beat in whole eggs or egg yolks vigorously (about 1 minute). Scrape down as before.

4. Change to slow speed and add flour and liquid alternately, first  $\frac{1}{3}$  of flour, then  $\frac{1}{3}$  of liquid, until all is used. Beat only long enough to mix. Do not overbeat.

5. Fold in egg whites with mixing spoon.

Special recipes and instructions generally come with the mixer. A few recipes especially well adapted to this method are:

|                         |                                   |
|-------------------------|-----------------------------------|
| Lightning Cake (p. 632) | Grandmother's Pound Cake (p. 642) |
| Cream Cake (p. 633)     | Quick Date Cake (p. 643)          |
| Prize Cake (p. 633)     | Banana Cake (p. 643)              |
| Chocolate Cake (p. 638) | Harvard Cake (p. 632)             |

**To Add Fruit to Cake Mixture.** Cut citron in thin slices, then in strips. Cut raisins with scissors, but do not chop. Dredge fruit with flour. Spread layer of cake batter in buttered and floured pan, sprinkle with fruit, and repeat until all are used.

**To Butter and Fill Pans.** Use correct size pans for amount of batter. Too large a pan may result in undersized cake, too dry and crusty. Too small a pan may cause batter to run over.

Do not grease pans for sponge- or angel-cake mixtures.

For butter cakes, grease pan with melted butter, using pastry brush or waxed paper. Dredge thoroughly with flour, invert, and shake to remove superfluous flour.

Pans may be lined with wax paper before greasing.

In filling, have mixture come well to corners and sides of pans, leaving a slight depression in the center. Fill pans  $\frac{2}{3}$  full to have cake come to top of pan when baked.

Before baking, cut through center of mixture at right angles to break air bubbles. Rap pan on table for same purpose.

**To Bake Cake.** Turn on heat, set oven regulator according to chart, or place oven thermometer on grate. When correct temperature has been attained, place cake as near center of oven as possible and bake. See cake-baking chart, p. 626.

Do not crowd oven. Good circulation of heat is necessary for perfect baking. Avoid baking a cake while there is a large amount of moisture in the oven — custards in a pan of hot water, for example.

Divide time required for baking into quarters. During *first quarter*, mixture begins to rise. During *second quarter*, it continues rising and begins to brown. During *third quarter*, it finishes rising and continues to brown. During *fourth quarter*, it finishes baking and shrinks from sides of pan. Watch cake during baking to see that it is baking properly. After 10 minutes, move if necessary to insure even baking.

When done, cake shrinks slightly from sides of pan. Test pound cake and fruit cake by pressing surface lightly with finger tips; if cake feels firm and does not retain imprint of finger, it is done. A wire cake tester, inserted in center of cake, will come out clean if cake is done.

| TYPE                                  | TIME             | TEMPERATURE  |
|---------------------------------------|------------------|--------------|
| Sponge Cakes . . . . .                | 35 to 90 minutes | 325° F.      |
| Angel Food Cakes . . . . .            | 1 hour or more   | 325° F.      |
| Butter Cakes (loaf) . . . . .         | 30 to 45 minutes | 350° F.      |
| Chocolate or Molasses Cakes . . . . . | 30 to 45 minutes | 325° F.      |
| Fruit and Pound Cakes . . . . .       | 1½ to 4 hours    | 250°-325° F. |
| Thin Layer Cakes . . . . .            | 20 to 30 minutes | 375° F.      |
| Cup Cakes . . . . .                   | 20 to 25 minutes | 375° F.      |

**To Remove Cake from Pans.** Invert sponge cake on wire cooler and let stand until cold. Loosen with spatula or knife. For butter cake, invert and let stand 5 minutes, then loosen with spatula if necessary, but do not hurry it. Rest pan on four sides successively, so that the weight of cake may help it out.

**To Make Cake at High Altitudes.** At high altitudes the pressure inside cake must be decreased unless sufficient binding material, such as flour and eggs, is used to keep gas in after it is formed. In very rich cakes reduce baking powder, shortening, and sugar, or use same amounts of these ingredients and add slightly more flour or more eggs. For most cakes use 1 teaspoon baking powder for each cup flour, and reduce sugar by one fourth.

#### **Cake Faults and Their Causes**

Read instructions carefully for mixing, filling pans, and baking. Most cake failures are due to one of the following:

1. **Careless Measuring of Ingredients.** The result may be:
  - a. Cake falls, runs over top of pan, or is too tender or crumbly to handle (too much shortening, leavening, or sugar).
  - b. Uneven, humped surface (too much flour or not enough liquid).
  - c. Crackled or sticky crust (too much sugar).
  - d. Tough crust (not enough shortening or sugar or too much flour).
  - e. Heavy texture (too much shortening or liquid or too little sugar).
  - f. Soggy layer or streak (too much liquid).
  - g. Coarse grain (too much leavening or wrong type of flour).
  - h. Tough or dry (too much flour or leavening or not enough shortening, sugar, or liquid).

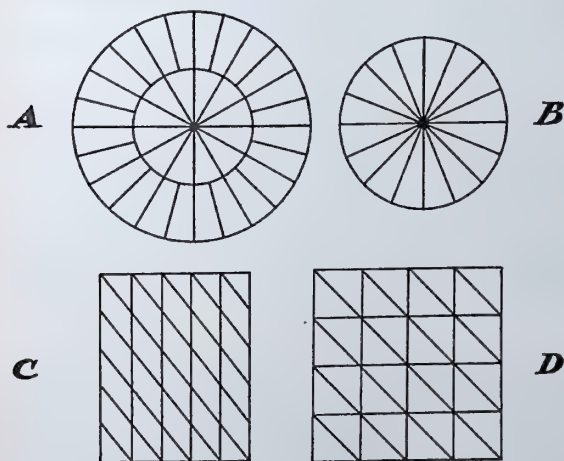


2. **Overmixing or Overbeating** (especially when using electric beater). Beat egg whites until stiff but not dry. They should still look moist. Overbeating causes loss of moisture and also breaks down the large air bubbles, thereby reducing leavening action of the enclosed air. The result may be:

- a. Heavy texture.
- b. Uneven humped surface.
- c. Dry texture or tough crust.

3. **Incorrect Baking.** Due to incorrect oven temperature, uneven distribution of heat, uneven oven grates, or crowded oven (especially with moist foods). Have automatically regulated ovens tested from time to time.

- a. **Too hot an oven** may cause cake to be undersized, burnt on sides, with cracked top, tough crust, or heavy texture.
- b. **Too slow an oven** may cause cake to run over top of pan, stick to pan, or have coarse grain or soggy crust or streak.
- c. **Insufficient baking** may cause cake to fall or be soggy or shrink too much or fall apart as it comes from pan.
- d. **Too long baking** may result in dry cake or hard crust.



**To Cut Cake.** Cut in conventional squares or wedges or as in diagrams. Cut large round cake as in diagram A, smaller one as in diagram B, loaf cakes as in C or D.

**To Use Stale Cake.** Remove frosting, if any. Cut in squares, steam over hot water and serve with pudding sauce or whipped cream. Use in Topsy Pudding (p. 510). Use cake crumbs wherever bread crumbs are called for in bread puddings, Brown Betty, etc., cutting down on sugar to taste. Mix crumbs with almond paste, mold with fingers like chocolate drops, and frost with chocolate frosting.

### TRUE SPONGE CAKE

|              |                                            |
|--------------|--------------------------------------------|
| 5 egg whites | 1 tablespoon lemon juice <i>or</i> vinegar |
| 5 egg yolks  | Grated rind $\frac{1}{2}$ lemon            |
| 1 cup sugar  | 1 cup flour, sifted 4 times                |
|              | $\frac{1}{4}$ teaspoon salt                |

**To Mix.** 1. Measure all ingredients. Sift sugar through fine sifter one to four times before measuring. Sift flour once before measuring. Separate yolks and whites of eggs. They will beat easily if at room temperature.

2. Beat egg whites until stiff but not dry and beat in gradually 1 tablespoon sugar for each egg white (out of sugar called for in recipe) and set aside. It is unnecessary to wash beater before beating yolks.

3. Add liquid to egg yolks and beat until lemon-colored and so thick that beater turns with difficulty. Add lemon rind. Beat in remaining sugar.

4. Combine yolks and whites and fold together with spoon until mixture is even.

5. Mix and sift remaining dry ingredients and cut and fold into egg mixture. Do not beat after adding flour, to avoid breaking air bubbles.

**To Fill Pans and Bake.** Pour into unbuttered tube pan (9-inch), two 9-inch layer pans, or 12 to 18 muffin tins. Cut through mixture several times to break large air bubbles. Bake 1 hour or more in moderately slow oven ( $325^{\circ}$  F.), if in angel-cake or other deep pan. Bake 25 to 30 minutes in moderate oven ( $350^{\circ}$  F.) if in layer-cake pans or individual tins. Invert on wire cooler and let stand until cold. Loosen with spatula or knife.

**Chocolate Sponge Cake.** Use any Sponge Cake recipe, but substitute  $\frac{3}{4}$  cup flour and  $\frac{1}{4}$  cup cocoa for each cup of flour called for.

**BRAZIL NUT CAKE**

|                           |                             |
|---------------------------|-----------------------------|
| 6 eggs                    | 1 cup sugar                 |
| 2 cups ground Brazil nuts | $\frac{1}{4}$ teaspoon salt |

Beat whites until stiff but not dry. Beat in half the sugar and set aside. With same beater, beat yolks with remaining sugar and salt until thick and lemon-colored, fold in nuts, then whites. Bake in shallow pan, cut in squares, and serve with whipped cream or bake in 3 buttered 8-inch layer-cake pans in moderate oven ( $350^{\circ}$  F.) about 30 minutes and put together and frost with Seven-Minute Frosting (p. 655).

**CREAM SPONGE CAKE**

|                                         |                                             |
|-----------------------------------------|---------------------------------------------|
| 4 egg whites                            | 1 tablespoon lemon juice                    |
| 4 egg yolks                             | $1\frac{1}{2}$ tablespoons cornstarch       |
| 1 cup sugar                             | 1 cup flour less $1\frac{1}{2}$ tablespoons |
| 3 tablespoons cold water                | $1\frac{1}{4}$ teaspoons baking powder      |
| $\frac{1}{2}$ teaspoon lemon extract or | $\frac{1}{4}$ teaspoon salt                 |

Mix (True Sponge Cake, opposite). Bake in 7-inch tube pan, 2 layer tins,  $7 \times 7$  inches, or 12 cup-cake tins for about 30 minutes in moderately slow oven ( $325^{\circ}$  F.).

**Delia's Sponge Cake.** Use 2 eggs and reduce sugar to  $\frac{3}{4}$  cup.

**Orange Sponge Cake.** Add grated rind and juice of 1 orange. Omit water.

**GRATAN MOCHA**

Bake Cream Sponge Cake mixture in 2 buttered, round, deep layer-cake tins. Put between layers whipped cream sweetened and flavored with strong coffee or coffee essence. Garnish top with cream, forced through a pastry bag and tube, and glacéed pineapple, cherries, and angelica.

**JELLY ROLL**

Line bottom of a dripping pan with paper; butter paper and sides of pan. Cover bottom of pan with Cream Sponge mixture and spread evenly. Bake 12 minutes in moderate oven ( $350^{\circ}$  F.). Do not over-bake. Turn on damp cloth or paper sprinkled with powdered sugar. Remove bottom paper quickly; cut off thin strips from sides and ends of cake. Spread with jam or jelly beaten enough to spread easily. Roll. Wrap in cloth or waxed paper until serving time. Work quickly or cake will crack.

**MOCHA CAKE**

Bake Cream Sponge Cake in angel-cake pan, adding to mixture  $\frac{1}{2}$  cup English walnut meats, broken in pieces. Cool, split, fill with French Coffee Cream Filling (p. 664). Cover top with Confectioners' Frosting (p. 652), flavored with coffee essence or instantaneous coffee.

**VIENNA CAKE**

Make Cream Sponge Cake, increasing egg whites to 6. Bake in angel-cake pan. Remove from pan, cool, and cut crosswise in 4 layers of equal thickness. Make Mocha Filling (p. 661) and flavor  $\frac{1}{3}$  of it with 1 ounce melted sweet chocolate. Put layers together with plain filling in center, chocolate part in others. Cover top and sides with Mocha Filling. As a variation, use Mocha Butter Frosting (p. 659) between layers and cover cake with whipped cream. Sprinkle entire frosted surface with Nut Brittle (crushed) (p. 9) or toasted almonds, cut in thin slices.

**POTATO-FLOUR SPONGE CAKE**

|                         |                                      |
|-------------------------|--------------------------------------|
| 4 egg whites            | $\frac{1}{2}$ tablespoon lemon juice |
| 4 egg yolks             | $\frac{1}{2}$ cup potato flour       |
| $\frac{3}{4}$ cup sugar | 1 teaspoon baking powder             |
|                         | $\frac{1}{4}$ teaspoon salt          |

Mix (True Sponge Cake, p. 628). Use 7-inch tube tin or 7 × 10 inch pan. Bake 30 minutes in moderate oven (350° F.).

**MARBLE SPONGE CAKE**

|                                                |                                        |
|------------------------------------------------|----------------------------------------|
| $1\frac{1}{4}$ cups egg whites (about 9)       | $\frac{1}{2}$ teaspoon vanilla         |
| 1 teaspoon cream of tartar                     | 6 egg yolks                            |
| $1\frac{1}{8}$ cups sifted sugar               | $\frac{2}{3}$ cup pastry or cake flour |
| $\frac{1}{2}$ cup pastry or cake flour, sifted | (for yellow part)                      |
| 5 times (for white part)                       | 1 teaspoon orange extract              |
|                                                | $\frac{1}{2}$ teaspoon salt            |

Beat egg whites until foamy. Add salt and cream of tartar; beat until stiff, but not dry. Beat in sugar, carefully. Divide in half. To one part, carefully fold in  $\frac{1}{2}$  cup flour and vanilla. To other fold in yolks, well beaten, remaining flour, and orange extract. Put by spoonfuls into large unbuttered angel-cake pan, alternating yellow and white. Bake  $1\frac{1}{4}$  hours in moderately slow oven (325° F.).

Invert; let stand 40 minutes before removing from pan. Sprinkle with powdered sugar.

### SUNSHINE CAKE

|                        |                                    |
|------------------------|------------------------------------|
| 10 egg whites          | 1 teaspoon lemon or almond extract |
| 1½ cups powdered sugar | 1 cup pastry flour                 |
| 7 egg yolks            | ⅞ teaspoon cream of tartar         |

Mix (True Sponge Cake, p. 628). Use large angel-cake tin. Bake 50 minutes in moderate oven (350° F.). If desired, frost with Marshino Frosting (p. 654).

### ANGEL FOOD CAKE

|                                       |                           |
|---------------------------------------|---------------------------|
| 1 cup egg whites (8 or 10)            | ¼ teaspoon salt           |
| 1¼ cups fine granulated sugar, sifted | ½ teaspoon almond extract |
| 1 teaspoon cream of tartar            | 1 teaspoon vanilla        |
| 1 cup cake flour                      |                           |

Beat egg whites and salt with flat wire whisk or beater until foamy, add cream of tartar, and beat until stiff but moist. Sift flour and sugar together 4 or 5 times. Fold carefully into beaten whites, 2 tablespoons at a time, with flavoring, using whisk or spatula and folding gently over and over until mixture is even. Bake in large unbuttered angel-cake tin 50 minutes in slow oven (300° F.), then turn off heat and bake 10 minutes longer. Invert on cake cooler until cold (at least 1 hour).

**Cocoa Angel Cake.** Substitute ¼ cup dry cocoa for flour.

**Angel Food Roll.** Bake ½ recipe in shallow pan, 10 × 15 inches, lined with waxed paper, in moderately slow oven (325° F.) for 20 minutes. Make like Jelly Roll (p. 629), using jam, jelly, or whipped-cream filling.

### MOCK ANGEL CAKE

|                             |                    |
|-----------------------------|--------------------|
| 1 cup sugar                 | ⅓ teaspoon salt    |
| 1⅓ cups flour               | ⅔ cup scalded milk |
| * 3 teaspoons baking powder | 1 teaspoon vanilla |
| 2 egg whites                |                    |

\* Tartrate or phosphate type. Use 1 teaspoon combination type for each cup of flour.

Mix and sift first 4 ingredients 4 times. Add scalded milk gradually and stir until smooth. Fold in egg whites beaten until stiff, and add vanilla. Turn into small unbuttered angel-cake pan and bake 45 minutes in moderate oven (350° F.). Keep 1 day before serving.



## ONE-EGG CAKE

|                             |                                |
|-----------------------------|--------------------------------|
| $\frac{1}{4}$ cup butter    | $\frac{1}{2}$ cup milk         |
| $\frac{3}{4}$ cup sugar     | $1\frac{1}{3}$ cups flour      |
| 1 egg                       | 2 teaspoons baking powder      |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ teaspoon vanilla |

Cream butter and add half the sugar gradually. Beat egg with remaining sugar. Combine mixtures. Mix and sift flour, baking powder, and salt. Add alternately with milk to first mixture. Add vanilla. Bake 25 minutes in moderately hot oven (375° F.).

## SPICE or HARVARD CAKE

|                                    |                                  |
|------------------------------------|----------------------------------|
| $\frac{1}{2}$ cup butter           | 1 teaspoon soda                  |
| 2 cups light brown sugar           | $\frac{1}{2}$ teaspoon cinnamon  |
| 1 egg or 2 egg yolks, beaten light | $\frac{1}{4}$ teaspoon nutmeg    |
| 1 cup sour milk                    | $2\frac{1}{4}$ cups sifted flour |

Cream butter, add sugar slowly, and egg yolks. Sift dry ingredients and add alternately with milk to first mixture. Bake in tin 9 × 9 inches in moderate oven (350° F.). Cover with Raisin Filling (p. 663), Seven-Minute Frosting (p. 655), or Cream Cheese Frosting (p. 659).

## LIGHTNING CAKE

|                                |                                      |
|--------------------------------|--------------------------------------|
| 1 egg                          | $\frac{1}{4}$ teaspoon salt          |
| $\frac{1}{2}$ cup sugar        | $\frac{1}{4}$ cup milk               |
| 1 cup flour                    | 3 tablespoons melted butter          |
| 1 teaspoon baking powder       | $\frac{1}{4}$ teaspoon lemon extract |
| $\frac{1}{2}$ teaspoon vanilla |                                      |

Beat egg and add sugar while beating. Add flour sifted with baking powder and salt. Then add milk, melted butter, and flavoring. Bake 25 minutes in 2 buttered 7-inch layer-cake pans or in 7 × 10 inch pan in moderate oven (350° F.). Put together with any desired filling and frost as desired.

**Prune or Plum Cake or Kuchen.** Pour into shallow pan, 7 × 10 inches. Arrange pitted canned prunes or plums close together over surface. Sprinkle with  $\frac{1}{4}$  cup juice, and  $\frac{1}{4}$  cup sugar mixed with 1 teaspoon cinnamon. Bake, cut in squares, and serve plain or with whipped cream.

**Apple Cake.** Cover with thick layer of very thinly sliced tart apples. Sprinkle with half white and half brown sugar. Sprinkle with cinnamon, if liked. If desired, scatter a few walnut meats over top or thin slices of mild cheese.

### JAM CAKE

|                          |                           |
|--------------------------|---------------------------|
| $\frac{3}{4}$ cup butter | $1\frac{1}{2}$ cups flour |
| 1 cup brown sugar        | 1 teaspoon soda           |
| 1 cup jam                | 1 teaspoon cinnamon       |
| 2 eggs, well beaten      | 1 teaspoon allspice       |
| 3 tablespoons sour milk  | 1 teaspoon nutmeg         |

Blackberry jam is especially good.

Mix and bake like Two-Egg Cake (p. 634). If desired, add  $\frac{1}{2}$  cup nut meats, cut small. Frost with any white frosting or mix  $\frac{3}{4}$  cup brown sugar, add 2 tablespoons heavy cream, 1 tablespoon butter, beat over low heat until thick, add 1 teaspoon vanilla, and spread over cake.

### CREAM CAKE

|                         |                                        |
|-------------------------|----------------------------------------|
| 2 eggs                  | $1\frac{2}{3}$ cups flour              |
| $\frac{7}{8}$ cup sugar | $2\frac{1}{2}$ teaspoons baking powder |
| $\frac{2}{3}$ cup cream | $\frac{1}{2}$ teaspoon salt            |
|                         | 1 teaspoon vanilla                     |

Put unbeaten eggs in a bowl, add sugar, cream, and vanilla. Beat vigorously. Mix and sift remaining ingredients; add first mixture. Bake 30 minutes in cake pan, 7 × 10 inches, in moderately slow oven (325° F.). Frost.

### PRIZE CAKE

|             |                                 |
|-------------|---------------------------------|
| 2 eggs      | 2 cups flour                    |
| 2 egg yolks | 2 teaspoons baking powder       |
| 1 cup sugar | $\frac{1}{2}$ cup milk          |
|             | $\frac{1}{3}$ cup melted butter |

Beat eggs and egg yolks until thick, with egg beater; add sugar gradually, while beating constantly. Mix and sift flour and baking powder and add alternately with milk to first mixture; then add butter. Turn into buttered and floured shallow cake pan and bake 35 minutes in moderate oven (350° F.).

## TWO-EGG CAKE

|                          |                                |
|--------------------------|--------------------------------|
| $\frac{1}{3}$ cup butter | $1\frac{3}{4}$ cups flour      |
| 1 cup sugar              | $\frac{1}{2}$ teaspoon salt    |
| 2 eggs, well beaten      | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{2}$ cup milk   | 2 teaspoons baking powder      |

**To Mix.** 1. Measure all ingredients. Sift flour before measuring. Out of sugar called for in recipe, reserve 1 tablespoon for each egg white used. Have eggs at room temperature.

2. Take butter from refrigerator long enough in advance so that it is easy to work but not melted. Work with wooden spoon until soft and creamy. Add remaining sugar gradually, beating until light.

3. If eggs are to be added whole, beat thoroughly and add reserved sugar. If eggs are to be separated, beat whites until stiff but not dry and beat in sugar reserved for the purpose, and set aside; beat yolks thoroughly with same beater.

4. Add beaten eggs or yolks to butter and sugar mixture.

5. Add dry ingredients and liquid alternately. Beat thoroughly but do not stir.

6. Fold in egg whites, if eggs were separated.

**To Bake.** Pour into buttered loaf or two 8-inch layer-cake pans and bake 20 to 30 minutes in moderately hot oven ( $375^{\circ}$  F.).

## VARIATIONS

**Blueberry Cake.** Reserve  $\frac{1}{4}$  cup flour. With it, dredge  $\frac{1}{2}$  cup blueberries and fold into cake last. Bake in sheet or in cup-cake tins. While hot, sprinkle with powdered sugar. Do not frost.

**Chocolate Chip Cake.** Fold in  $\frac{1}{2}$  cup semi-sweet chocolate, cut in pea-sized pieces.

**Citron Cake.** Add 1 cup citron, thinly sliced, to mixture. To add fruit, see Imperial Cake (p. 642).

**Coconut Layer Cake.** Frost and put layers together with Boiled Frosting, sprinkled thickly with freshly grated coconut.

**Currant Cake.** Add 1 cup currants, mixed with 1 tablespoon flour, to mixture. To add fruit, see Imperial Cake (p. 642).

**Date and Nut Cake.** Add  $\frac{1}{4}$  cup each dates and nut meats, broken in pieces, to mixture. To add fruit, see Imperial Cake (p. 642).

**Honey Cake.** Use honey or half honey in place of sugar. Sift  $\frac{1}{2}$  teaspoon ginger and  $\frac{1}{2}$  teaspoon cinnamon with flour.

**Layer Cake.** For fillings and frostings, see pp. 650-664.

**Marble Cake.** Add 1 square chocolate, melted, to half the mixture. Fill cake pans by spoonfuls, alternating plain and chocolate mixtures.

**Spanish Cake.** Flavor with  $\frac{1}{2}$  teaspoon cinnamon or  $\frac{1}{4}$  teaspoon mace instead of vanilla. Bake in loaf or layer-cake pans, with Caramel Frosting (p. 654) between layers and on top.

**Walnut Cake.** Add  $\frac{3}{4}$  cup walnut meats broken in pieces. Increase baking powder to  $2\frac{3}{4}$  teaspoons. Bake in shallow pan in moderate oven ( $350^{\circ}$  F.). Cover with Boiled Frosting (p. 654), crease in squares, and put half walnut meat on each square.

**Boston Cream Pie.** Bake in round layer-cake pans or heavy frying pan. If baked in frying pan, split to make 2 layers. Put together with whipped cream, Cream Filling (p. 660), Chocolate Filling (p. 661), French Cream Filling (p. 664), or Banana Cream Filling (p. 661), etc. Sprinkle top with powdered sugar. Cut in pie-shaped pieces.

**Washington Pie.** Use raspberry jam between layers. Sprinkle top with powdered sugar.

### BOSTON FAVORITE CAKE

|                           |                             |
|---------------------------|-----------------------------|
| $\frac{2}{3}$ cup butter  | $3\frac{1}{2}$ cups flour   |
| $1\frac{1}{8}$ cups sugar | $\frac{1}{2}$ teaspoon salt |
| 4 eggs                    | 1 teaspoon vanilla          |
| 1 cup milk                | * 5 teaspoons baking powder |

\* Tartrate or phosphate type. Use 1 teaspoon combination type for each cup of flour.

Mix like Two-Egg Cake (opposite page). Use any variation there listed.

### PRISCILLA CAKE

|                           |                                        |
|---------------------------|----------------------------------------|
| $\frac{1}{2}$ cup butter  | $2\frac{1}{4}$ teaspoons baking powder |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{2}$ teaspoon salt            |
| 5 eggs, well beaten       | $\frac{1}{2}$ cup milk                 |
| $2\frac{1}{3}$ cups flour | 1 teaspoon vanilla                     |

Mix like Two-Egg Cake (opposite page). Bake 45 minutes in moderate oven ( $350^{\circ}$  F.).

## VELVET CAKE

|                              |                                                  |
|------------------------------|--------------------------------------------------|
| $\frac{1}{2}$ cup butter     | $1\frac{1}{2}$ cups flour                        |
| $1\frac{1}{2}$ cups sugar    | $\frac{1}{2}$ cup cornstarch                     |
| 4 egg yolks                  | $\frac{1}{2}$ teaspoon salt                      |
| $\frac{1}{2}$ cup cold water | * 4 teaspoons baking powder                      |
| 4 egg whites                 | $\frac{1}{3}$ cup almonds, blanched and shredded |

Cream butter, add sugar gradually, egg yolks well beaten, and water. Mix and sift dry ingredients and add to first mixture. Beat well and fold in egg whites beaten until stiff. After putting in pan, cover, if desired, with  $\frac{1}{3}$  cup shredded blanched almonds, and sprinkle with powdered sugar. Bake 40 minutes in moderate oven (350° F.). Use 8 × 12 inch pan for loaf cake or three 9-inch layer pans.

**Princeton Orange Cake.** Use orange juice in place of cold water and add grated rind of 1 orange.

**Florida Nut Cake.** Sprinkle Princeton Orange Cake, before baking, with chopped walnut meats, and sparingly with powdered sugar. Split and put together with Orange Filling (p. 662).

## GOLD CAKE

|                                  |                                          |
|----------------------------------|------------------------------------------|
| $\frac{1}{2}$ cup butter         | $1\frac{3}{4}$ cups flour                |
| 1 cup sugar                      | * $2\frac{1}{2}$ teaspoons baking powder |
| 1 egg                            | $\frac{1}{4}$ teaspoon salt              |
| 5 egg yolks ( $\frac{1}{3}$ cup) | $\frac{1}{2}$ cup milk                   |
|                                  | $\frac{1}{2}$ teaspoon vanilla           |

Cream butter and add sugar gradually, while beating constantly; add egg yolks and egg well beaten. Mix and sift dry ingredients and add alternately with milk to first mixture. Add vanilla, turn into buttered and floured 9 × 12 inch cake tin. Bake 45 minutes in moderate oven (350° F.). Frost as desired. Coconut Coffee Frosting (p. 656) is especially delicious with this cake.

**Lord Baltimore Cake.** Turn into 3 buttered and floured tins (7 inches square). Bake in moderate oven (350° F.). Put layers together with Lord Baltimore Filling (p. 664). Cover top and sides of cake with Ice Cream Frosting (p. 655). Garnish with halves of candied cherries and diamond-shaped pieces of angelica.

**Golden Fingers.** Bake in large shallow pans. Cool, cut in finger-shaped pieces. Cover with Orange Frosting (p. 655 or 659).

\* Tartrate or phosphate type. Use 1 teaspoon combination type for each cup of flour.



**WHITE CAKE or SNOW CAKE**

|                           |                                          |
|---------------------------|------------------------------------------|
| $\frac{1}{2}$ cup butter  | 2 teaspoons baking powder                |
| 1 cup sugar               | $\frac{1}{4}$ teaspoon salt              |
| $\frac{1}{2}$ cup milk    | 3 egg whites                             |
| $1\frac{1}{2}$ cups flour | $\frac{1}{2}$ teaspoon vanilla <i>or</i> |
|                           | $\frac{1}{4}$ teaspoon almond extract    |

Beat egg whites until stiff, add  $\frac{1}{2}$  the sugar, and set aside. Cream butter, add remaining sugar gradually, while beating constantly. Mix and sift dry ingredients and add alternately with milk. Fold in egg whites. Add flavoring. Bake 45 minutes in moderate oven (350° F.).

**Burnt Sugar Cake.** Use coffee in place of milk. Add 3 tablespoons Caramel Sirup (p. 9) and fold in  $\frac{1}{2}$  cup sliced nut meats, preferably black walnuts. Frost with Penuche Frosting (p. 657).

In making Caramel Sirup, melt sugar until it is almost black.

**Cornstarch Cake.** Reduce flour to 1 cup and add  $\frac{1}{2}$  cup cornstarch.

**Fig Layer Cake.** Bake in layer-cake pans. Put together with Fig Filling (p. 663) and sprinkle top with powdered sugar.

**Lady Baltimore Cake.** Bake in layer-cake pans. Put together with Lady Baltimore Filling (p. 663). Cover top and sides with Ice Cream Frosting (p. 655). Cornstarch Cake is especially good for this; double the recipe will make three 7-inch-square layers.

**Prune Almond Cake.** Bake in layer-cake pans. Spread between layers Prune Almond Filling (p. 655). Frost with Boiled Frosting (p. 654) or Seven-Minute Frosting (p. 655).

**White Nut Cake.** Add 1 cup nut meats, cut in pieces, to mixture.

**MARSHMALLOW CAKE**

|                           |                                        |
|---------------------------|----------------------------------------|
| $\frac{1}{2}$ cup butter  | * 3 teaspoons baking powder            |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{4}$ teaspoon cream of tartar |
| $\frac{1}{2}$ cup milk    | $\frac{1}{4}$ teaspoon salt            |
| 2 cups flour              | 5 egg whites                           |
|                           | 1 teaspoon vanilla                     |

Make like White Cake (see above). Bake in layer-cake pans and put Marshmallow Frosting (p. 655) between the layers and on top.

\* Tartrate or phosphate type. Use 1 teaspoon combination type for each cup of flour.

## QUEEN CAKE

|                                       |                                    |
|---------------------------------------|------------------------------------|
| $\frac{2}{3}$ cup butter              | $\frac{1}{4}$ teaspoon soda        |
| $1\frac{2}{3}$ cups flour             | 6 egg whites                       |
| $\frac{1}{4}$ teaspoon salt           | $1\frac{1}{4}$ cups powdered sugar |
| 1 $\frac{1}{2}$ teaspoons lemon juice |                                    |

Cream butter, add flour gradually, mixed and sifted with salt and soda; add lemon juice. Beat egg whites until stiff; add sugar gradually. Combine mixtures. Bake 50 minutes in shallow pan in moderate oven (350° F.). Cover with Opera Caramel Frosting (p. 657) or other frosting as desired.

**White Fruit Cake.** To mixture, add  $\frac{2}{3}$  cup candied cherries, cut in pieces,  $\frac{1}{3}$  cup almonds, blanched and shredded,  $\frac{1}{2}$  cup citron, thinly sliced, and 1 teaspoon almond extract. Bake in a buttered, deep cake pan 1 hour in moderately slow oven (325° F.).

## EGGLESS CHOCOLATE CAKE

|                           |                                      |
|---------------------------|--------------------------------------|
| $1\frac{2}{3}$ cups flour | 1 teaspoon salt                      |
| 1 cup sugar               | 1 cup buttermilk <i>or</i> sour milk |
| $\frac{3}{4}$ cup cocoa   | $\frac{1}{2}$ cup melted butter      |
| 1 teaspoon soda           | $1\frac{1}{2}$ teaspoons vanilla     |

Sift dry ingredients together. Beat in other ingredients and stir until smooth. Bake in 9 × 12 inch pan, buttered and floured, in moderately hot oven (375° F.) for 30 minutes. Frost.

## CHOCOLATE CAKE

|                                                  |                                                |
|--------------------------------------------------|------------------------------------------------|
| $\frac{1}{2}$ cup butter                         | $\frac{1}{2}$ teaspoon salt                    |
| $1\frac{1}{4}$ cups sugar, brown <i>or</i> white | 2 teaspoons baking powder <i>or</i>            |
| 2 eggs                                           | 1 teaspoon soda                                |
| 1 cup milk, coffee, <i>or</i> water              | 2 squares chocolate, melted over hot           |
| 2 cups flour                                     | water, <i>or</i> $\frac{1}{3}$ cup cocoa (dry) |
| 1 teaspoon vanilla                               |                                                |

If desired, increase sugar to 2 cups, adding extra amount to beaten eggs.

Cream butter, add sugar gradually, and chocolate. Add egg yolks. Mix and sift dry ingredients, and add alternately with liquid to first mixture. Fold in egg whites, beaten until stiff, if yolks were added separately. Adding unbeaten whole eggs makes a fine-grained cake,

adding beaten whites at the last makes a lighter cake. Bake in shallow pan or two 9-inch layer-cake pans in moderately slow oven (325° F.) about 30 minutes.

**Chocolate Potato Cake.** Replace  $\frac{1}{2}$  cup flour with  $\frac{1}{2}$  cup hot, riced potatoes, adding them before adding flour.

**Chocolate Marshmallow Cake.** As soon as cake is removed from pan, invert and cover bottom with marshmallows cut in halves cross-wise. Pour over marshmallows, Chocolate Fudge, or Sour Cream Fudge (p. 711). Do not knead fudge.

**Chocolate Mocha Layer Cake.** Spread a portion  $\frac{1}{4}$  inch thick in pan lined with thoroughly buttered paper. Bake 12 minutes in moderate oven (350° F.). Remove paper and cake. Repeat until all mixture has been baked. Remove papers. Put together with Mocha Butter Frosting (p. 659), cutting them in two to make 6 layers, if necessary. Sprinkle with finely chopped nut meats, chopped toasted coconut, or chocolate shot. Chill before serving.

**Chocolate Spice Cake.** Add to mixture 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon clove, and  $\frac{1}{2}$  cup chopped nut meats, if desired. Bake in small tins or loaf.

**Creole Cake.** Cover with any boiled frosting (p. 654), flavored with a few drops of oil of peppermint, if desired. Pour over Chocolate Glaze (p. 660).

**Fudge Cake.** Cover with Chocolate Fudge (p. 710) or Sour Cream Fudge (p. 711). Do not knead fudge. If made in layers, use fudge between layers and on top.

**Chocolate Cream Pie.** Bake in layer-cake pans. Put together with whipped cream. Sprinkle with powdered sugar. If desired, serve with Thin Chocolate Sauce (p. 585).

## SOUR CREAM CHOCOLATE CAKE

|                             |                             |
|-----------------------------|-----------------------------|
| 1 cup thick sour cream      | $\frac{2}{3}$ cup cocoa     |
| 1 cup sugar                 | 1 teaspoon soda             |
| 1 tablespoon butter, melted | $\frac{1}{2}$ teaspoon salt |
| 1 $\frac{1}{2}$ cups flour  | 3 eggs                      |
| 1 tablespoon vanilla        |                             |

Mix cream and sugar, add butter and flour sifted with cocoa, soda, and salt. Beat in eggs, unbeaten. Add vanilla and bake. Frost.

**CHOCOLATE NOUGAT CAKE**

|                                    |                             |
|------------------------------------|-----------------------------|
| 2 squares chocolate                | 1 egg                       |
| $\frac{1}{3}$ cup powdered sugar   | 2 cups bread flour          |
| $\frac{1}{3}$ cup milk             | * 3 teaspoons baking powder |
| $\frac{1}{4}$ cup butter           | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ cups powdered sugar | $\frac{2}{3}$ cup milk      |
| $\frac{1}{2}$ teaspoon vanilla     |                             |

Melt chocolate, add  $\frac{1}{3}$  cup sugar, place over heat, add  $\frac{1}{3}$  cup milk, and stir and cook until smooth. Set aside to cool. Cream butter, add, gradually, remaining sugar and unbeaten egg, and beat well. Mix and sift flour, baking powder, and salt and add alternately with milk to butter and egg mixture. Add chocolate mixture and vanilla. Bake 15 to 20 minutes in two small layer-cake pans or one 9-inch square in moderate oven (350° F.). Put between layers and on top any boiled frosting (p. 654), sprinkled, if desired, with  $\frac{2}{3}$  cup almonds, blanched and shredded.

**DEVIL'S FOOD**

|                               |                             |
|-------------------------------|-----------------------------|
| 4 squares chocolate           | $\frac{1}{3}$ cup butter    |
| $\frac{2}{3}$ cup brown sugar | 2 cups bread flour          |
| 1 cup milk                    | $\frac{1}{4}$ teaspoon salt |
| 1 egg yolk                    | 1 teaspoon soda             |
| 3 egg whites                  | $\frac{1}{2}$ cup milk      |
| 1 cup brown sugar             | 2 teaspoons vanilla         |
| 2 egg yolks                   |                             |

Melt chocolate, add  $\frac{2}{3}$  cup sugar, 1 cup milk, and 1 egg yolk, slightly beaten. Stir and cook over hot water until smooth. Set aside to cool. Beat egg whites until stiff, beat in  $\frac{1}{2}$  cup sugar, and set aside. Cream butter and add remaining sugar gradually, while beating constantly. Add 2 egg yolks, well beaten. Mix and sift flour, salt, and soda and add alternately with  $\frac{1}{2}$  cup milk to butter mixture. Add chocolate mixture and vanilla. Beat well and fold in egg whites. Turn into 2 buttered and floured 7-inch square pans and bake 35 minutes in moderate oven (350° F.). Remove from pans and cover with white or chocolate frosting.

**With Walnuts and Citron.** Before folding in whites, add 1 cup citron, cut small, and  $1\frac{1}{2}$  cups chopped walnut meats.

\* Tartrate or phosphate type. Use 1 teaspoon combination type for each cup of flour.

**RICH DEVIL'S FOOD**

|                            |                                  |
|----------------------------|----------------------------------|
| 4 tablespoons cocoa        | 2 egg yolks, well beaten         |
| 2½ tablespoons sugar       | 1 teaspoon vanilla               |
| 2 tablespoons water        | 1 cup flour                      |
| ½ cup milk                 | ½ teaspoon cream of tartar       |
| ½ cup butter               | ⅛ teaspoon salt                  |
| ½ cup confectioners' sugar | ½ teaspoon soda                  |
| ½ cup granulated sugar     | 2 egg whites, beaten until stiff |

Cook cocoa, 2½ tablespoons sugar, and water in double boiler until thick. Add milk, set aside to cool. Cream butter with sugars, beat in yolks, add vanilla and cocoa mixture. Beat in flour sifted with cream of tartar, salt, and soda. Fold in whites. Bake 35 minutes in moderate oven (350° F.).

**NEWPORT POUND CAKE**

|                 |                          |
|-----------------|--------------------------|
| ⅞ cup butter    | 5 eggs                   |
| 1½ cups flour   | 1½ cups powdered sugar   |
| Few grains salt | 1 teaspoon baking powder |
|                 | 1 teaspoon vanilla       |

Cream butter, add flour gradually. Beat egg whites until stiff but not dry, and beat in half the sugar, salt, and vanilla. Beat egg yolks until thick and lemon-colored, add remaining sugar gradually, and add to butter and flour. Beat well. Fold egg whites into mixture. Sift over baking powder. Beat thoroughly. Bake 1 hour in moderate oven (350° F.) in buttered and floured deep pan.

**New York Gingerbread.** Omit vanilla and add 2 tablespoons yellow ginger to mixture.

**GINGER POUND CAKE**

|                          |                                                              |
|--------------------------|--------------------------------------------------------------|
| ½ cup butter             | 2 eggs, beaten until thick and lemon-colored                 |
| ½ cup sugar              |                                                              |
| 1¼ cups flour            | ¼ pound Canton ginger, cut fine and dredged with ¼ cup flour |
| 1 teaspoon baking powder |                                                              |

Cream butter, add sugar gradually. Beat well and add, alternately, eggs and flour mixed and sifted with baking powder. Add ginger. Bake in buttered and floured deep pan in moderately slow oven (325° F.). Cover with Boiled Frosting (p. 654) or Seven-Minute Frosting (p. 655).



**GRANDMOTHER'S POUND CAKE**

|                           |              |
|---------------------------|--------------|
| 1 cup butter              | 5 eggs       |
| $1\frac{2}{3}$ cups sugar | 2 cups flour |

Work butter until creamy, beat in sugar and eggs, one at a time. When creamy, fold in flour with spoon. If desired, add 1 tablespoon caraway seeds with flour. Bake in buttered and floured bread tin  $1\frac{1}{2}$  hours in slow oven ( $300^{\circ}$  F.). Excellent for electric beater.

**POUND CAKE**

|                |                             |
|----------------|-----------------------------|
| 1 pound butter | 1 pound flour               |
| 1 pound sugar  | $\frac{1}{2}$ teaspoon mace |
| 10 eggs        | 2 tablespoons brandy        |

Cream butter, add sugar gradually, and continue beating; then add egg yolks beaten until thick and lemon-colored, egg whites beaten until stiff, flour, mace, and brandy. Beat vigorously 5 minutes. Bake in deep pan  $1\frac{1}{4}$  hours in slow oven ( $300^{\circ}$  F.), or, if to be used for fancy ornamented cakes, bake 30 to 35 minutes in shallow pan.

**IMPERIAL CAKE**

|                                 |                                                       |
|---------------------------------|-------------------------------------------------------|
| 1 cup butter                    | 2 cups flour                                          |
| 1 cup sugar                     | $\frac{1}{4}$ teaspoon soda                           |
| 5 egg yolks                     | $\frac{1}{2}$ pound raisins, seeded and cut in pieces |
| 5 egg whites                    |                                                       |
| Grated rind $\frac{1}{2}$ lemon | $\frac{1}{2}$ cup walnut meats, broken in pieces      |
| 2 teaspoons lemon juice         |                                                       |

Mix like Pound Cake. Spread layer in buttered angel-cake tin with paper in the bottom. Sprinkle with part of raisins and nuts and repeat until all are used. Bake  $1\frac{1}{4}$  hours in moderately slow oven ( $325^{\circ}$  F.).

**MOLASSES POUND CAKE**

|                             |                                                           |
|-----------------------------|-----------------------------------------------------------|
| $\frac{3}{4}$ cup butter    | 1 teaspoon cinnamon                                       |
| $\frac{3}{4}$ cup sugar     | $\frac{1}{2}$ teaspoon allspice                           |
| 2 eggs, well beaten         | $\frac{1}{4}$ teaspoon clove                              |
| $\frac{2}{3}$ cup milk      | $\frac{1}{4}$ teaspoon mace                               |
| $\frac{2}{3}$ cup molasses  | $\frac{1}{2}$ cup seeded raisins, cut in pieces           |
| $2\frac{1}{8}$ cups flour   | $\frac{1}{3}$ cup citron, thinly sliced and cut in strips |
| $\frac{3}{4}$ teaspoon soda |                                                           |

Cream butter, add sugar gradually, eggs, milk, and molasses. Mix

and sift 2 cups flour with soda and spices; add to first mixture; add fruit dredged with remaining flour. Bake in moderate oven (350° F.) in deep pan, buttered and floured.

### APPLESAUCE CAKE

|                                       |                                          |
|---------------------------------------|------------------------------------------|
| $\frac{1}{2}$ cup butter              | 1 teaspoon soda                          |
| 1 cup sugar                           | 1 teaspoon cinnamon                      |
| 1 cup cold, unsweetened<br>applesauce | $\frac{1}{2}$ teaspoon powdered clove    |
| 2 cups flour                          | 1 cup raisins and nuts, cut in<br>pieces |

Cream butter, add sugar gradually. Add applesauce. Add flour sifted with soda and spices. Add raisins and nuts. Bake in buttered and floured pan 40 minutes in moderate oven (350° F.).

### BANANA CAKE

|                                                              |                                              |
|--------------------------------------------------------------|----------------------------------------------|
| $\frac{1}{2}$ cup butter                                     | 2 cups flour                                 |
| $1\frac{1}{2}$ cups sugar                                    | $\frac{1}{2}$ teaspoon baking soda <i>or</i> |
| 2 eggs, slightly beaten                                      | 1 teaspoon, if sour milk is<br>used          |
| 1 cup banana, mashed                                         | $\frac{1}{4}$ teaspoon salt                  |
| 1 teaspoon vanilla <i>or</i> lemon<br>extract <i>or</i> both | $\frac{1}{2}$ cup milk, sweet <i>or</i> sour |

Cream butter, add sugar gradually. Add eggs, and beat thoroughly. Add banana pulp and flavoring. Sift dry ingredients together and add alternately with milk. Bake in moderate oven (350° F.) 20 to 30 minutes. Frost with Cream Cheese Frosting (p. 659).

**Banana Nut Cake.** Add  $\frac{1}{2}$  cup chopped nut meats to mixture.

### QUICK DATE CAKE

|                                                     |                                      |
|-----------------------------------------------------|--------------------------------------|
| $\frac{1}{3}$ cup soft butter                       | $1\frac{3}{4}$ cups flour            |
| $1\frac{1}{3}$ cups brown sugar                     | 3 teaspoons baking powder            |
| 2 eggs                                              | $\frac{1}{2}$ teaspoon cinnamon      |
| $\frac{1}{2}$ cup milk                              | $\frac{1}{2}$ teaspoon grated nutmeg |
| $\frac{1}{2}$ pound dates, stoned and cut in pieces |                                      |

Put ingredients in a bowl and beat all together for 3 minutes, using a wooden cake spoon. Bake in buttered and floured muffin tins or cake pan 35 to 40 minutes in moderate oven (350° F.).

## GRANT CAKE

|                           |                                                   |
|---------------------------|---------------------------------------------------|
| $\frac{1}{2}$ cup butter  | $1\frac{1}{4}$ cups seeded raisins, cut in pieces |
| 1 cup sugar               | $1\frac{1}{2}$ teaspoons soda                     |
| 1 egg, well beaten        | $\frac{3}{4}$ teaspoon allspice                   |
| 1 cup sour milk           | $\frac{3}{4}$ teaspoon cloves                     |
| $2\frac{1}{2}$ cups flour | $1\frac{1}{2}$ teaspoons cinnamon                 |
|                           | $\frac{1}{2}$ teaspoon salt                       |

Cream butter and add sugar gradually, while beating constantly; add egg and sour milk. Mix and sift  $2\frac{1}{4}$  cups flour with soda, spices, and salt and add to first mixture; then add raisins dredged with remaining flour. Turn into a buttered oblong cake pan and bake 50 minutes in moderate oven ( $350^{\circ}$  F.).

## SIMPLE FRUIT CAKE

|                                       |                                       |                               |
|---------------------------------------|---------------------------------------|-------------------------------|
| 1 cup sugar                           | $\frac{1}{2}$ teaspoon salt           |                               |
| $\frac{1}{2}$ cup molasses            | 1 teaspoon cinnamon                   |                               |
| $\frac{3}{4}$ cup milk                | Allspice                              | } $\frac{1}{4}$ teaspoon each |
| $\frac{1}{4}$ cup coffee infusion     | Clove                                 |                               |
| $1\frac{1}{2}$ cups whole wheat flour | Mace                                  |                               |
| $\frac{1}{2}$ cup white flour         | Grated nutmeg                         |                               |
| 4 teaspoons baking powder             | 1 pound seeded raisins, cut in pieces |                               |

Mix sugar, molasses, milk, and coffee. Mix and sift dry ingredients, reserving  $\frac{1}{4}$  cup white flour. Combine mixtures and add raisins, dredged with remaining flour. Turn into buttered and floured bread pan and bake 50 minutes in moderate oven ( $350^{\circ}$  F.).

## DARK FRUIT CAKE

|                                                           |                                               |
|-----------------------------------------------------------|-----------------------------------------------|
| $\frac{1}{2}$ cup butter                                  | 2 eggs or 4 egg yolks                         |
| $\frac{3}{4}$ cup brown sugar                             | $\frac{1}{2}$ cup milk                        |
| $\frac{3}{4}$ cup seeded raisins, cut in pieces           | 2 cups flour                                  |
| $\frac{3}{4}$ cup currants                                | $\frac{1}{2}$ teaspoon soda                   |
| $\frac{1}{2}$ cup citron, thinly sliced and cut in strips | 1 teaspoon cinnamon                           |
| $\frac{1}{2}$ cup molasses                                | $\frac{1}{2}$ teaspoon each allspice and mace |
|                                                           | $\frac{1}{4}$ teaspoon clove                  |
|                                                           | $\frac{1}{2}$ teaspoon lemon extract          |

Dredge fruit with  $\frac{1}{4}$  cup flour.

Cream butter and beat in sugar slowly. Beat in eggs, one at a time. Sift remaining flour with seasonings and add alternately with liquids. Spread layer of cake batter in buttered and floured deep

pans, sprinkle with fruit and repeat until used. Bake  $1\frac{1}{4}$  hours in moderately slow oven ( $325^{\circ}$  F.).

**With Nuts.** Omit citron. Add  $\frac{1}{2}$  cup walnut meats, cut in pieces.

### BIRTHDAY FRUIT CAKE

|                                 |                                                 |
|---------------------------------|-------------------------------------------------|
| $\frac{1}{2}$ cup butter        | $\frac{1}{2}$ cup seeded raisins, cut in pieces |
| $1\frac{1}{4}$ cups brown sugar | $\frac{1}{2}$ cup walnut meats, cut in pieces   |
| 2 egg yolks, slightly beaten    | $\frac{1}{3}$ cup currants                      |
| $\frac{2}{3}$ cup milk          | 2 tablespoons candied orange peel, finely cut   |
| $2\frac{1}{4}$ cups flour       | 2 egg whites, stiffly beaten                    |
| 3 teaspoons baking powder       |                                                 |
| 1 teaspoon orange extract       |                                                 |
| 1 teaspoon vanilla              |                                                 |

Mix and bake like Dark Fruit Cake (opposite page), but fold in beaten whites last. To decorate, see p. 649.

### CHOCOLATE FRUIT CAKE

|                                   |                                                 |
|-----------------------------------|-------------------------------------------------|
| $\frac{1}{3}$ cup butter          | 3 teaspoons baking powder                       |
| 1 cup sugar                       | 1 teaspoon cinnamon                             |
| $\frac{1}{4}$ cup breakfast cocoa | 3 egg whites, beaten stiff                      |
| 3 egg yolks                       | $\frac{1}{3}$ cup candied cherries              |
| $\frac{1}{2}$ cup cold water      | $\frac{1}{3}$ cup seeded raisins, cut in pieces |
| $1\frac{1}{4}$ cups bread flour   | $\frac{1}{3}$ cup walnut meats, cut in pieces   |
|                                   | 1 teaspoon vanilla                              |

Mix ingredients in order given and bake in deep cake pan 50 minutes. Cover with any boiled frosting (p. 654 ff.) and as soon as frosting is set, spread with a very thin layer of melted chocolate.

### RICH COFFEE CAKE

|                                       |                                                       |
|---------------------------------------|-------------------------------------------------------|
| $\frac{1}{2}$ cup butter              | $\frac{1}{4}$ teaspoon clove                          |
| 1 cup sugar                           | $\frac{1}{4}$ teaspoon mace                           |
| 2 eggs                                | $\frac{1}{4}$ teaspoon allspice                       |
| 1 tablespoon molasses                 | $\frac{1}{2}$ cup raisins seeded and cut in pieces    |
| $\frac{1}{2}$ cup cold, boiled coffee | $\frac{1}{4}$ cup currants                            |
| $1\frac{1}{8}$ cups flour             | 2 tablespoons citron, thinly sliced and cut in strips |
| 2 teaspoons baking powder             |                                                       |
| $\frac{1}{2}$ teaspoon cinnamon       |                                                       |
|                                       | 1 tablespoon brandy or coffee                         |

Mix like Dark Fruit Cake (opposite page). Bake in deep cake pans.

## WHOLE FRUIT CAKE

|                             |                           |
|-----------------------------|---------------------------|
| 1 cup butter                | 1 teaspoon vanilla        |
| 2 cups white sugar          | 2 teaspoons baking powder |
| 7 egg yolks                 | 1 cup milk                |
| $\frac{1}{2}$ teaspoon salt | 1 pound white raisins     |
| 3 cups pastry flour         | 1 pound pecans            |
| 7 egg whites, beaten stiff  |                           |

## Prepare

- 1 pound candied cherries, red and green
- 1 pound pineapple fingers *or* green pineapple
- 1 pound whole Brazil nut meats
- 1 pound dates (place nut in each, roll in sugar)

Mix like Dark Fruit Cake (p. 644). Make a thin layer of cake mixture in each of 3 deep loaf pans. Arrange whole fruit (using one kind of fruit for each layer) on layers. Cover with layer of batter. Repeat until fruit is used and put layer of batter on top. To make loaves even, work with all 3 pans at the same time. Fill pans to  $\frac{3}{4}$  inch from top. Bake 2 hours in slow oven (250° F.).

## DUNDEE CAKE

|                                                              |                                                                          |
|--------------------------------------------------------------|--------------------------------------------------------------------------|
| $\frac{7}{8}$ cup butter                                     | 2 $\frac{1}{2}$ cups flour                                               |
| $\frac{2}{3}$ cup sugar                                      | $\frac{1}{2}$ teaspoon salt                                              |
| 4 eggs                                                       | 1 teaspoon baking powder                                                 |
| $\frac{1}{3}$ cup almonds, blanched<br>and chopped           | 1 cup seedless raisins                                                   |
| $\frac{1}{3}$ cup candied orange and<br>lemon peel, cut fine | 1 $\frac{1}{3}$ cups currants <i>or</i> seeded<br>raisins, cut in pieces |
|                                                              | 2 tablespoons orange juice                                               |

## For Decoration

|                                                       |                                                                   |
|-------------------------------------------------------|-------------------------------------------------------------------|
| $\frac{1}{3}$ cup almond meats,<br>blanched and split | $\frac{1}{3}$ cup citron, cut in thin<br>slices and narrow strips |
| $\frac{1}{3}$ cup candied cherries,<br>cut in pieces  |                                                                   |

Cream butter, add sugar slowly. Add eggs, one at a time, beating 5 minutes after adding each. Stir in chopped almonds. Sift flour with baking powder and salt, mix with fruit, and add to first mixture. Add orange and lemon peel mixed with orange juice. Mix thoroughly, and put in 2 or 3 small bread pans lined with wax paper and greased. Cover top with blanched almonds, candied cherries, or citron. Bake 1 hour to 1 $\frac{1}{4}$  hours in slow oven (275° F.). Cover with paper as soon as cake begins to brown. The English serve it



at tea time and allow each person to cut his own piece from the loaf.



*Fruitcake and Eggnog for the Holidays*

### ELECTION CAKE

- |                                                     |                               |
|-----------------------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup butter                            | $1\frac{1}{4}$ cups flour     |
| 1 cup bread dough (p. 70)                           | $\frac{1}{2}$ teaspoon soda   |
| 1 egg, well beaten                                  | 1 teaspoon cinnamon           |
| 1 cup brown sugar                                   | $\frac{1}{4}$ teaspoon clove  |
| $\frac{1}{2}$ cup sour milk                         | $\frac{1}{4}$ teaspoon mace   |
| 1 cup raisins, seeded and cut in pieces or          | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{2}{3}$ cup raisins and 8 finely chopped figs | 1 teaspoon salt               |

Work butter into dough, using the hand. Add egg, sugar, milk, fruit dredged with 2 tablespoons flour, and flour mixed and sifted with remaining ingredients. Put into a well-buttered bread pan, cover, and let rise  $1\frac{1}{4}$  hours. Bake 1 hour in slow oven ( $300^{\circ}$  F.). Cover with Milk Frosting (p. 658) or Portsmouth Frosting (p. 652).

## ENGLISH FRUIT CAKE

|                           |                                                    |
|---------------------------|----------------------------------------------------|
| 1 pound butter            | 3 pounds currants                                  |
| 1 pound light brown sugar | 2 pounds seeded raisins,<br>finely chopped         |
| 9 eggs                    | ½ pound almonds, blanched<br>and shredded          |
| 1 pound flour             | 1 pound citron, thinly sliced<br>and cut in strips |
| 2 teaspoons mace          |                                                    |
| 2 teaspoons cinnamon      |                                                    |
| 1 teaspoon soda           |                                                    |
|                           | 2 tablespoons milk                                 |

Cream butter, add half the sugar gradually, and beat thoroughly. Beat egg whites until stiff, add remaining sugar, and set aside. Beat egg yolks until thick and lemon-colored, and add to first mixture. Add egg whites. Then add milk, fruit, nuts, and flour mixed and sifted with mace, cinnamon, and soda. Put in buttered deep pans. If to be steamed, cover loosely with buttered paper, and tie paper firmly in place. Then steam 3 hours and bake 1½ hours in slow oven (300° F.). If desired, bake 4 hours in very slow oven (275° F.) without steaming. Rich fruit cake is always more satisfactory if part of the cooking is accomplished by steaming.

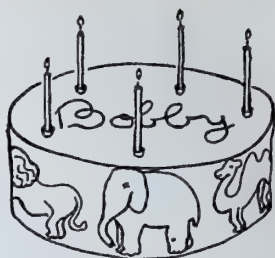
## WEDDING CAKE

|                      |                                                      |
|----------------------|------------------------------------------------------|
| 1 pound butter       | 3 pounds seeded raisins, cut in<br>pieces            |
| 1 pound brown sugar  | 2 pounds Sultana raisins                             |
| 12 eggs              | 1½ pounds citron, thinly sliced<br>and cut in strips |
| 1 cup molasses       | 1 pound currants                                     |
| 1 pound flour        | ½ preserved lemon rind                               |
| 4 teaspoons cinnamon | ½ preserved orange rind                              |
| 4 teaspoons allspice | 1 cup grape juice or brandy                          |
| 1½ teaspoons mace    | 4 squares chocolate, melted                          |
| 1 nutmeg, grated     |                                                      |
| ¼ teaspoon soda      |                                                      |
|                      | 1 tablespoon hot water                               |

If desired, add 1 pint preserved strawberries and 1 pound candied cherries.

Cream butter, add sugar gradually, and beat thoroughly. Add molasses. Beat egg yolks until thick and lemon-colored. Add to first mixture, then add flour (reserving ⅓ cup, to dredge fruit), mixed and sifted with spices, fruit dredged with flour, lemon rind and orange rind finely chopped, grape juice or brandy, chocolate, and

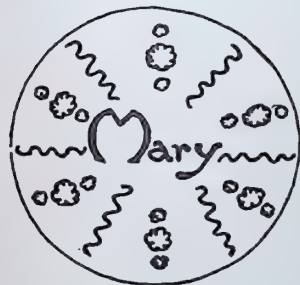
egg whites beaten until stiff. Just before putting into pans, add soda dissolved in hot water. Fill 6 deep bread pans. Cover loosely with buttered paper, and tie paper firmly in place. Steam 3 hours and bake  $1\frac{1}{2}$  hours in slow oven ( $300^{\circ}$  F.). Spread cake with almond paste (p. 714) moistened with egg white. When firm, frost and decorate as desired.



*Arrange Animal Crackers  
around Bobby's Cake*

### BIRTHDAY CAKE

Frost with any boiled icing (p. 654). Decorate, using pastry tube, with Ornamental Frosting (p. 656) or sweetened whipped cream, tinted as desired with vegetable coloring.



Follow any of the designs shown or copy real flowers or other designs. For a child's cake, dip animal crackers in frosting or melted sweet chocolate and press into frosting on sides of cake. Set on board fitted with birthday candles or arrange candleholders symmetrically on cake. For further instructions, see p. 650.

## CHAPTER 30

# *Frostings and Fillings*

**To Frost Cakes.** Spread frostings on cake with a spoon or spatula. When frosting a whole cake, frost sides first, then put remainder on top and spread. Do not try to make too smooth a surface. A slightly uneven surface has a pleasantly "homemade" look and is much more attractive than one which is the result of much fussy work.

**Simple Decorations.** After frosting cake decorate with one of the following:

1. Chocolate Glaze (p. 660), dribbled over white frosting, especially on a chocolate cake.

2. Whole nut meats, arranged symmetrically, or chopped toasted nut meats or coconut scattered over frosting while it is still soft.

3. Chocolate shot, dragées or tiny decorating candies, arranged in a pattern or scattered over frosting.

**Elaborate Decoration.** After frosting cake, put on decorations with metal decorating set or pastry bag and tubes. A frosting, in order to go through the tube easily, must be very light and full of air. Use Royal Frosting or Ornamental Frosting, or a butter frosting. A frosting of water and sugar or a fudge frosting *cannot* be forced through a tube as it becomes hard and dry.

Have all utensils scrupulously clean and dry. A bit of grease, starch or flour may prevent frosting from beating up well. After using tubes, drop them into water to prevent frosting from hardening in them and making them difficult to wash.

Use a glass or porcelain bowl for the icing. A metal one may cause discoloration. If all the frosting will not go into pastry bag, cover remaining frosting by putting a damp cloth over bowl, to keep frosting from drying out. Beat thoroughly before filling pastry bag.

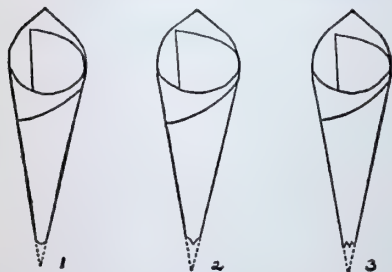
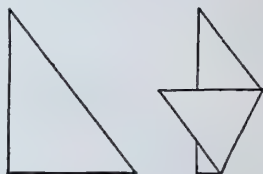
A revolving cake-decorating stand is very convenient to use for elaborate work. It may be bought from a supply house which deals in bakers' utensils.



**To Fill Pastry Bag.** Put frosting into bag, filling it not more than  $\frac{1}{3}$  full. Bring edges of open top together, turn down right-hand corner, then left-hand corner; then fold over twice and continue to fold the paper down to the frosting. If using a cloth bag, twist bag just above frosting. This is done in order that all the frosting may be forced out through the tube at the lower end of the bag and also to prevent any frosting coming out at the top.

**To Make a Pastry Bag.** Use thin, tough paper (writing paper or parchment paper) in sheets  $8\frac{1}{2} \times 11$  inches. Cut the sheets diagonally in two (see below). Hold one long point of paper in each hand. Wrap to make a cornucopia with a very sharp point in the middle of the longest side.

The three corners of the triangular piece of paper should come together at the open end where they can be turned in several times so that the cornucopia will hold together firmly. Cut the points in one of the ways shown below.



**To Cut the Point** for plain tube see Diagram 1, for leaf tube, Diagram 2, for star tube, Diagram 3.

**Pastry Tubes.** For elaborate decoration, use small metal tubes with different-shaped openings: No. 3 for stems and writing; No. 15 for flowers; No. 46 for borders; No. 59 and

No. 60 for sweet peas and roses; No. 65 for leaves; and No. 86 for borders. Use these metal tubes in the paper cornets or in the cloth pastry bag. When using with the paper cornet, cut off  $\frac{3}{4}$  inch at the pointed end and drop the metal tube into it, letting it project through the opening at the end of the cornet. Then put frosting inside the paper cornet. Paper bags are most convenient when using frosting of several different colors. When only one color is being used, as in decorating a wedding cake, a decorating set or cloth bag with a metal end to which the tubes may be screwed will be found more convenient, as the paper bags soften and break with much usage.



**CONFECTIONERS' FROSTING**

|                                                                 |                                   |
|-----------------------------------------------------------------|-----------------------------------|
| $\frac{1}{4}$ cup boiling water, milk,<br>cream, or fruit juice | Confectioners' sugar<br>Flavoring |
|-----------------------------------------------------------------|-----------------------------------|

Add sifted sugar to liquid until of right consistency to spread; then add flavoring.

**Portsmouth Frosting.** Use cream. Add 4 teaspoons melted butter.

**Coffee Confectioners' Sugar Frosting.** Melt 1 teaspoon butter in  $\frac{1}{4}$  cup hot coffee and continue as above.

**CHOCOLATE FROSTING**

|                                |                        |
|--------------------------------|------------------------|
| 2 squares chocolate            | $\frac{1}{2}$ cup milk |
| 1 tablespoon butter            | Confectioners' sugar   |
| $\frac{1}{2}$ teaspoon vanilla |                        |

Combine chocolate, butter, and milk in top of double boiler and cook until chocolate is melted. Stir well, let stand until chocolate is melted. Stir again, let stand until lukewarm. Beat in sugar until mixture is of right consistency to spread; then add flavoring.

**Rich Chocolate Frosting.** Use cream in place of milk. After chocolate has melted, stir in 1 egg yolk.

**MOCHA FROSTING**

|                            |                             |
|----------------------------|-----------------------------|
| 1 cup confectioners' sugar | 2 tablespoons melted butter |
| 2 tablespoons cocoa        | 1 teaspoon vanilla          |
| Hot coffee infusion        |                             |

Mix sugar, cocoa, and butter. Moisten with coffee until of right consistency to spread. Dip knife in coffee while spreading on cake.

**OSCAR'S FROSTING**

|                                 |                      |
|---------------------------------|----------------------|
| 1 tablespoon corn sirup         | Confectioners' sugar |
| $\frac{1}{4}$ cup boiling water | Flavoring            |

Put corn sirup, water, and  $\frac{1}{2}$  cup sugar in pan. Stir until well blended. Add  $\frac{1}{2}$  cup sugar; beat thoroughly and vigorously until smooth. Repeat until about 3 cups sugar have been used and frosting is stiff enough to spread. While making, place pan over boiling water at frequent intervals to keep mixture lukewarm.

**PETITS FOURS FROSTING**

|                                        |                                                 |
|----------------------------------------|-------------------------------------------------|
| 2 cups sugar                           | 1 cup hot water                                 |
| $\frac{1}{8}$ teaspoon cream of tartar | Confectioners' sugar, sifted<br>(1 cup or more) |

Cook sugar, cream of tartar, and water in agate saucepan without a lip, to 226° F. or to a thin sirup. Cool to slightly above lukewarm (100° F.) and add enough sugar to make of consistency to pour over cake. Always add sugar to sirup, not the sirup to the sugar. Avoid adding too much sugar. Test by pouring a little over a cake.

**BAKED FROSTING**

|                               |                                    |
|-------------------------------|------------------------------------|
| 1 egg white                   | $\frac{1}{8}$ teaspoon salt        |
| $\frac{3}{4}$ cup brown sugar | $\frac{1}{4}$ cup broken nut meats |

Beat egg white until stiff, beat in sugar and salt. Spread over spice or plain cake batter in shallow pan, 8 × 8 inches, sprinkle with nut meats, and bake.

**BROILED FROSTING**

|                     |                             |
|---------------------|-----------------------------|
| 1 cup brown sugar   | $\frac{1}{2}$ cup coconut   |
| 3 tablespoons cream | 2 tablespoons melted butter |

Mix, spread over cake (after baking), set under broiler until delicately browned.

**PLAIN FROSTING**

|                                        |                                      |
|----------------------------------------|--------------------------------------|
| 1 egg white                            | $\frac{1}{2}$ teaspoon vanilla or    |
| 2 teaspoons cold water                 | $\frac{1}{2}$ tablespoon lemon juice |
| $\frac{3}{4}$ cup confectioners' sugar |                                      |

Beat egg white until stiff; add water and sugar. Beat thoroughly, then add flavoring. Use more sugar if needed. Spread with a broad-bladed knife. *For 1 cake.*

**ORANGE FROSTING**

|                                    |                           |
|------------------------------------|---------------------------|
| Grated rind 1 orange               | 1 tablespoon orange juice |
| $\frac{1}{2}$ teaspoon lemon juice | 1 egg yolk                |
|                                    | Confectioners' sugar      |

Add rind to fruit juices and let stand 15 minutes. Strain. Add gradually to egg yolk. Stir in sugar until of right consistency to spread. Beat until very smooth with hand or electric beater.

## ROYAL FROSTING

|                              |                                        |
|------------------------------|----------------------------------------|
| 3 egg whites                 | 1 tablespoon lemon juice <i>or</i>     |
| Confectioners' sugar, sifted | $\frac{1}{4}$ teaspoon cream of tartar |

Put eggs in a large bowl, add 2 tablespoons sugar, beat 3 minutes with perforated wooden spoon, fork, or wire whisk. Repeat until  $1\frac{1}{2}$  cups sugar are used. Add cream of tartar or lemon juice gradually, as mixture thickens. Add sugar by spoonfuls, beating until frosting is stiff enough to spread. To test, take up some of mixture on back of spoon, and with a case knife make a cut through mixture; if frosting remains parted, it is of right consistency. Spread cake thinly with frosting; when hardened, put on a thicker layer, having mixture somewhat stiffer than first coating, and then crease for cutting. To remaining frosting add enough sugar so that frosting may keep in shape after being forced through a pastry bag and tube to use for decorations on top.

BOILED FROSTING *or* FILLING

|                                 |                                                  |
|---------------------------------|--------------------------------------------------|
| 1 cup sugar                     | $\frac{1}{8}$ teaspoon cream of tartar <i>or</i> |
| $\frac{1}{4}$ cup water         | $\frac{1}{2}$ tablespoon lemon juice             |
| 1 egg white, beaten until stiff |                                                  |

Put sugar, water, and cream of tartar or lemon juice in pan, stir until sugar is dissolved, and bring to boiling point. Add 3 tablespoons sirup to beaten whites, beating constantly after adding each spoonful. Boil sirup to  $240^{\circ}$  F. or until it spins a long thread. Pour gradually on egg white, beating constantly until thick enough to stand up in peaks. Spread quickly on cake before frosting becomes too stiff. Flavor as desired.

**Brown Sugar Frosting.** Use brown in place of white sugar.

**Caramel Frosting.** Add 3 tablespoons Caramel Sirup (p. 9) to sugar and water in making frosting.

**Chocolate Frosting.** Add  $1\frac{1}{2}$  squares chocolate, melted or grated, as soon as sirup is added to egg whites.

**Coconut Frosting.** Add  $\frac{1}{4}$  cup shredded coconut (preferably fresh grated) to frosting and sprinkle coconut thickly over the top before it is set.

**Maraschino Frosting.** Flavor with Maraschino Sirup.

**Marshmallow Frosting.** Add 8 marshmallows cut in small pieces and fold over and over until stiff enough to hold its shape.

**Nut or Fruit.** Add chopped walnuts, almonds, figs, dates, or raisins, separately or in combination.

**Orange Frosting.** Add  $\frac{1}{4}$  cup chopped candied orange peel.

**Prune Almond.** Stone  $\frac{1}{2}$  cup prunes and cut in small pieces. Blanch and cut in pieces  $\frac{1}{3}$  cup almonds. Add to frosting when ready to spread.

### ICE CREAM FROSTING

|                                |                         |
|--------------------------------|-------------------------|
| $1\frac{1}{2}$ cups sugar      | $\frac{1}{2}$ cup water |
| $\frac{1}{2}$ teaspoon vanilla | 2 egg whites            |

Make like Boiled Frosting. This frosting, on account of the larger quantity of egg, does not stiffen as quickly as Boiled Frosting, therefore is more successfully made by the inexperienced.

### SEVEN-MINUTE FROSTING

|                                        |                                           |
|----------------------------------------|-------------------------------------------|
| 1 egg white, unbeaten                  | $\frac{1}{4}$ teaspoon cream of tartar or |
| $\frac{3}{4}$ cup sugar, finely sifted | 1 teaspoon light corn sirup               |
| 2 tablespoons cold water               | Few grains salt                           |

Combine ingredients in top of double boiler. Stir until sugar dissolves, then place over briskly boiling water. Beat with egg beater until stiff enough to stand up in peaks (6 to 10 minutes). Flavor as desired. Beat until thick enough to spread. During cooking, keep sides of double boiler cleaned down with spatula. With an electric beater the process may take as little as 4 minutes. Use with any of the variations suggested under Boiled Frosting (p. 654). *For top of 1 cake or 1 dozen cup cakes.* Make double recipe if for filling as well.

### TWICE-COOKED FROSTING

Make any boiled frosting. If not stiff enough when ready to spread, set bowl containing mixture over lower part of double boiler containing boiling water and place over heat. Cut and fold until mixture becomes granular around edge of bowl. Remove bowl and beat mixture with a spoon until it will hold its shape. Pour on cake and spread with back of spoon, leaving a rough surface.

**HONEY FROSTING or FILLING**

1 egg white       $\frac{1}{2}$  cup honey

Cook honey to 238° F. Pour slowly onto egg white, beaten stiff. Beat until thick enough to hold its shape.

**ORNAMENTAL FROSTING**

2 cups sugar      3 egg whites  
1 cup water       $\frac{1}{4}$  teaspoon cream of tartar

Boil sugar and water until sirup forms a long thread when dropped from tip of spoon (240° F.). Pour sirup gradually on beaten egg whites, beating constantly. Add cream of tartar and continue beating. When stiff enough to spread, put thin coating over cake. Beat remaining frosting until cold and stiff enough to keep in shape after being forced through pastry tube. After first coating on cake has hardened, cover with a thick layer, and crease for cutting. If frosting is too stiff to spread smoothly, thin with few drops of water. With a pastry bag and variety of tubes, cake may be ornamented as desired.

**NUT CARAMEL FROSTING**

$1\frac{1}{4}$  cups brown sugar      1 teaspoon vanilla  
 $\frac{1}{3}$  cup water       $\frac{1}{4}$  cup English walnut meats,  
 $\frac{1}{4}$  cup white sugar      broken in pieces  
2 egg whites

Boil sugar and water as for Boiled Frosting (p. 654). Pour gradually, while beating constantly, on beaten egg whites. Continue beating until mixture will hold shape. If not stiff enough, finish like Twice-Cooked Frosting. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface. *For 1 large cake.*

**COCONUT COFFEE FROSTING**

1 cup sugar      2 egg whites  
 $\frac{1}{2}$  cup brown sugar       $\frac{1}{2}$  cup shredded coconut  
 $\frac{1}{2}$  cup coffee infusion       $\frac{1}{2}$  teaspoon vanilla  
Few grains salt

Boil sugar and coffee until sirup will spin a long thread when dropped from tip of spoon (240° F.). Pour gradually, while beating constantly, on egg whites beaten until stiff. Beat until cool. If not stiff



enough, finish like Twice-Cooked Frosting. Add coconut, vanilla, and salt. Pour on cake; spread with back of spoon, leaving a rough surface. *For 1 large cake.*

### QUALITY FROSTING

|                         |                                      |
|-------------------------|--------------------------------------|
| 2 cups sugar            | Few grains salt                      |
| 3 tablespoons molasses  | $\frac{2}{3}$ teaspoon vanilla       |
| $\frac{1}{2}$ cup water | $\frac{1}{3}$ teaspoon lemon extract |
| 2 egg whites            | 1 cup chopped nut meats              |

Add sugar and molasses to water, heat, and stir until sugar dissolves. Boil until mixture nearly holds its shape when tried in cold water. Pour sirup slowly, while beating constantly, on egg whites beaten until stiff. Beat until mixture is stiff enough to spread. If mixture is not stiff enough, finish like Twice-Cooked Frosting. Add remaining ingredients. Pour over cake; spread with back of spoon, leaving a rough surface. *For 1 large cake.*

### BOILED MAPLE FROSTING

|                          |                                 |
|--------------------------|---------------------------------|
| 1 pound soft maple sugar | $\frac{1}{2}$ cup boiling water |
| 2 egg whites             |                                 |

Break sugar in small pieces, put in saucepan with boiling water, and stir occasionally until sugar is dissolved. Boil without stirring until sirup will thread when dropped from tip of spoon. Pour sirup gradually on beaten whites, beating mixture constantly, and continue beating until of right consistency to spread. *For 1 large cake.*

### BUTTERMILK FROSTING

|                              |                         |
|------------------------------|-------------------------|
| $\frac{3}{4}$ cup buttermilk | $\frac{3}{4}$ cup sugar |
|------------------------------|-------------------------|

Cook until mixture forms soft ball when tried in cold water (234° F.). Cool, then beat until of right consistency to spread. *For 1 cake.*

### PENUCHE or OPERA CARAMEL FROSTING

|                                 |                                             |
|---------------------------------|---------------------------------------------|
| $1\frac{1}{2}$ cups brown sugar | $1\frac{1}{2}$ tablespoons white corn sirup |
| $\frac{1}{2}$ cup white sugar   | $\frac{1}{2}$ cup cream                     |

Combine. Cook to soft ball (234° F.). Cool. Beat until of right consistency to spread. *For 1 large cake.*

**MILK FROSTING**

|                           |                                |
|---------------------------|--------------------------------|
| $1\frac{1}{2}$ cups sugar | 1 teaspoon butter              |
| $\frac{1}{2}$ cup milk    | $\frac{1}{2}$ teaspoon vanilla |

Melt butter in pan, add sugar and milk. Stir while heating to boiling point. Boil without stirring until mixture forms soft ball when tried in cold water (234° F.). Cool and beat until of right consistency to spread. Add flavoring; pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If too stiff, melt over hot water. *For 1 cake.*

**Chocolate Milk Frosting.** Add  $1\frac{1}{2}$  squares melted chocolate as soon as boiling point is reached. Flavor with  $\frac{1}{8}$  teaspoon cinnamon.

**MAPLE FROSTING**

|                                      |                          |
|--------------------------------------|--------------------------|
| $1\frac{1}{3}$ cups sugar            | $\frac{1}{2}$ cup butter |
| $\frac{2}{3}$ cup grated maple sugar | $\frac{2}{3}$ cup cream  |

Cook (about 13 minutes) until mixture forms soft ball when tried in cold water (234° F.). Cool, then beat until of right consistency to spread. *For 1 large cake.*

**Caramel Frosting.** Use brown sugar in place of maple.

**CREAM MAPLE-SUGAR FROSTING**

|                          |             |
|--------------------------|-------------|
| 1 pound soft maple sugar | 1 cup cream |
|--------------------------|-------------|

Break sugar in small pieces, put in saucepan with cream, and stir occasionally until sugar is dissolved. Boil without stirring until a ball can be formed when mixture is tried in cold water. Cool, then beat until of right consistency to spread. *For 1 large cake.*

**SULTANA NUT FROSTING**

|                               |                                        |
|-------------------------------|----------------------------------------|
| 2 cups brown sugar            | $\frac{1}{4}$ cup seedless raisins     |
| $\frac{3}{4}$ cup heavy cream | $\frac{1}{4}$ cup English walnut meats |

Cook sugar and cream until mixture forms soft ball when tried in cold water (234° F.). Turn on marble slab or large platter, cool, then work until creamy, using a spatula or large wooden spoon. Add raisins and nut meats, cut in small pieces, and spread on cake. *For 1 large cake.*

**FUDGE FROSTING I**

$\frac{1}{2}$  pound semi-sweet *or* Dot chocolate       $\frac{1}{2}$  cup butter

Combine and melt over hot water. Beat until thick enough to spread.

**FUDGE FROSTING II**

Use Chocolate Fudge or Sour Cream Fudge (p. 711), without kneading.

**BUTTER FROSTING**

$\frac{1}{3}$  cup butter, preferably unsalted      1 egg yolk  
1 cup confectioners' sugar      Flavoring

Beat butter until very creamy, add egg yolk and beat in sugar gradually. Color and flavor as desired. For elaborate decoration, force through pastry bag and tube. In making double the quantity, use only 1 egg yolk. *For 1 small cake.*

**Chocolate Butter Frosting.** Add  $\frac{1}{2}$  square unsweetened chocolate, melted over hot water, and  $\frac{1}{2}$  teaspoon vanilla.

**Mocha Butter Frosting.** Add  $\frac{1}{2}$  cup sugar and 1 tablespoon dry cocoa. Beat in strong cold coffee, drop by drop, until of desired consistency.

**Orange Butter Frosting.** Add 2 tablespoons orange juice and the grated rind of 1 orange. Add more sugar if necessary.

**CREAM CHEESE FROSTING**

4 tablespoons cream cheese       $1\frac{1}{2}$  cups confectioners' sugar  
1 egg white, slightly beaten       $\frac{1}{2}$  teaspoon vanilla

Work cheese until soft, add other ingredients. Beat thoroughly. *For 1 large cake.*

**JAPANESE FROSTING**

$\frac{1}{4}$  cup butter      2 egg whites  
 $1\frac{1}{2}$  cups sifted confectioners' sugar      Flavoring  
Food coloring, if desired

Cream butter, add gradually  $\frac{1}{2}$  cup sugar, beating constantly. Beat egg whites until stiff and beat in gradually 1 cup sugar. Combine mixtures and add enough sugar to make frosting stiff enough to hold shape. Color and flavor as desired (*see Butter Frosting, above*).

**FONDANT FROSTING**

1 cup Fondant (p. 714)      1 egg white, beaten until stiff  
                                           $\frac{1}{4}$  teaspoon vanilla

Melt Fondant over hot water, add egg white, and stir 2 minutes. Beat until of right consistency to spread. Delicious for chocolate cake, but never perfectly smooth.

**CHOCOLATE GLAZE**

Melt 2 squares chocolate with 2 tablespoons butter. Stir until smooth, cool slightly, and pour over frosting after it has set.

**MARSHMALLOW FILLING or FROSTING**

1 cup sugar       $\frac{1}{4}$  pound marshmallows  
 $\frac{1}{3}$  cup milk      2 tablespoons hot water  
                                   $\frac{1}{2}$  teaspoon vanilla

Cut marshmallows in pieces. Melt in double boiler, add hot water, and cook until smooth. Heat sugar and milk slowly to boiling point without stirring. Boil 6 minutes, and add slowly to marshmallow mixture, stirring constantly. Beat until cool enough to spread, then add vanilla. *For 1 large cake.*

**Pistachio Filling or Frosting.** Add a few drops extract of almond,  $\frac{1}{3}$  cup pistachio nuts blanched and chopped, and green food color.

**CREAM FILLING**

$\frac{2}{3}$  cup sugar      2 cups scalded milk  
 $\frac{1}{3}$  cup bread flour      1 teaspoon vanilla *or*  
 $\frac{1}{8}$  teaspoon salt       $\frac{1}{2}$  teaspoon lemon extract  
                                  2 eggs *or* egg yolks

*Use half this amount as filling for 1 layer cake, whole amount for 1 pie.*

Mix dry ingredients. Add scalded milk gradually. Cook 15 minutes in double boiler, stirring constantly until mixture thickens, and afterwards occasionally. Add eggs, slightly beaten, and cook 3 minutes. Cool and flavor. For a thicker filling, use  $\frac{1}{2}$  cup flour.

**Chocolate Cream Filling I.** Increase sugar to 1 cup. Scald milk with 2 squares chocolate. Flavor with vanilla.

**Coffee Cream Filling.** Scald 2 tablespoons ground coffee with milk. Strain and continue as above.

**Praline Cream Filling.** To 1 cup filling, add  $\frac{2}{3}$  cup Praline Powder (p. 9).

**Caramel Filling.** Use  $\frac{1}{2}$  cup flour. Add  $\frac{1}{3}$  cup Caramel Sirup (p. 9).

**White Mountain Cream Filling.** Omit  $\frac{1}{2}$  cup milk. Just before serving, add  $\frac{1}{2}$  cup whipping cream, beaten stiff.

**Banana Cream Filling.** Add 1 cup mashed banana pulp (forced through strainer) and 2 tablespoons lemon juice.

**Mocha Filling.** Flavor Chocolate Cream Filling with coffee essence or scald milk with 2 tablespoons ground coffee and strain.

### BUTTERSCOTCH FILLING

|                                |                             |
|--------------------------------|-----------------------------|
| $\frac{3}{4}$ cup brown sugar  | $\frac{1}{2}$ teaspoon salt |
| 4 tablespoons butter           | 2 eggs, slightly beaten     |
| $\frac{1}{3}$ cup bread flour  | 2 cups milk                 |
| $\frac{1}{4}$ teaspoon vanilla |                             |

Mix butter and sugar. Cook 2 minutes or until sirup is brown. Add  $1\frac{2}{3}$  cups cold milk and scald over hot water. Mix flour and salt with remaining milk, add to hot mixture, and cook 15 minutes. Add eggs, cook 2 minutes. Cool and flavor. *Full recipe for pie, half for 1 cake.*

### CHOCOLATE CREAM FILLING II

|                      |                             |
|----------------------|-----------------------------|
| 4 squares chocolate  | 1 cup heavy cream           |
| 2 tablespoons butter | 2 cups confectioners' sugar |

Melt chocolate with butter, chill, and add cream and sugar. Beat until thick and smooth (20 minutes with hand egg beater, 8 to 10 minutes with electric beater). *For 1 large cake.*

### CHOCOLATE FILLING

|                                              |                    |
|----------------------------------------------|--------------------|
| $2\frac{1}{2}$ squares unsweetened chocolate | 3 tablespoons milk |
| 1 cup powdered sugar                         | 1 egg yolk         |
| $\frac{1}{2}$ teaspoon vanilla               |                    |

Melt chocolate over hot water, add half the sugar, and milk; add remaining sugar and egg yolk. Cook in double boiler until thickened, stirring constantly at first, that mixture may be perfectly smooth. Cool slightly, flavor, and spread. *For 1 cake.*



## FRANGIPAN CREAM

|                                  |                                               |
|----------------------------------|-----------------------------------------------|
| $\frac{2}{3}$ cup powdered sugar | 2 tablespoons butter                          |
| $\frac{1}{3}$ cup flour          | 4 tablespoons macaroons<br>(dried and rolled) |
| 2 eggs or 4 egg yolks            | $\frac{2}{3}$ teaspoon vanilla                |
| $\frac{1}{4}$ teaspoon salt      | $\frac{1}{3}$ teaspoon lemon extract          |
| 2 cups scalded milk              |                                               |

Mix dry ingredients. For thicker filling, use  $\frac{1}{2}$  cup flour or reduce milk. Add scalded milk gradually. Cook and stir 15 minutes in double boiler. Add eggs, slightly beaten, and cook 3 minutes longer. Add butter and macaroons. Cool and flavor. *For pie, half amount for 1 cake.*

## LEMON FILLING

|                                  |                               |
|----------------------------------|-------------------------------|
| 1 cup sugar                      | $\frac{1}{4}$ cup lemon juice |
| $2\frac{1}{2}$ tablespoons flour | 1 egg, slightly beaten        |
| Grated rind 2 lemons             | 1 teaspoon butter             |

Mix sugar and flour, add lemon rind and juice, and egg. Melt butter in pan, add mixture, and cook until boiling point is reached. Stir constantly so that mixture will not stick to pan. Cool. *For 1 cake.*

## LEMON COCONUT CREAM

|                               |                              |
|-------------------------------|------------------------------|
| Juice and grated rind 1 lemon | 2 egg yolks, slightly beaten |
| 1 cup powdered sugar          | 1 cup shredded coconut       |

Mix lemon juice and rind with sugar and egg yolks. Cook 10 minutes in double boiler, stirring constantly. Add coconut. *For 1 cake.*

## ORANGE FILLING I

|                                  |                                      |
|----------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup sugar          | $\frac{1}{4}$ cup orange juice       |
| $2\frac{1}{2}$ tablespoons flour | $\frac{1}{2}$ tablespoon lemon juice |
| Grated rind 1 orange             | 1 egg, slightly beaten               |
|                                  | 1 teaspoon butter                    |

Mix in order given. Cook 15 minutes in double boiler, stirring constantly. Cool. *For 1 cake.*

**Orange Cream Filling.** Cool. Fold in 1 cup cream, whipped with  $\frac{1}{4}$  cup confectioners' sugar. Use on cake or as a sauce.

**ORANGE FILLING II**

|                              |                                  |
|------------------------------|----------------------------------|
| 1 tablespoon butter          | 1 egg yolk, slightly beaten      |
| 3 tablespoons powdered sugar | $\frac{1}{4}$ cup orange juice   |
| 2 tablespoons flour          | Grated rind $\frac{1}{4}$ orange |
| $\frac{1}{3}$ cup sugar      | 1 teaspoon lemon juice           |

Cream butter, and add powdered sugar gradually. Mix flour, sugar, and egg yolk. Add orange juice and cook and stir over hot water until mixture thickens. Combine mixtures; add grated rind and lemon juice. *For 1 cake.*

**FIG FILLING**

|                                          |                                 |
|------------------------------------------|---------------------------------|
| $\frac{1}{2}$ pound figs, finely chopped | $\frac{1}{3}$ cup boiling water |
| $\frac{1}{3}$ cup sugar                  | 1 tablespoon lemon juice        |

Mix in order given and cook in double boiler until thick enough to spread. Spread while hot. *For 1 large cake.*

**RAISIN FILLING**

|                         |                                  |
|-------------------------|----------------------------------|
| 1 cup sugar             | 2 egg whites, beaten until stiff |
| $\frac{1}{4}$ cup water | 1 cup chopped raisins            |

Cook sugar and water until it spins a thread. Pour slowly on egg whites. Beat until thick enough to spread. Fold in raisins. *For 1 cake.*

**BERTHA'S RAISIN FILLING**

|                  |             |                      |
|------------------|-------------|----------------------|
| 1 cup sour cream | 1 cup sugar | 1 cup seeded raisins |
|------------------|-------------|----------------------|

Cook in double boiler until thickened. *For 1 large cake.*

**LADY BALTIMORE FILLING**

|                                           |                                           |
|-------------------------------------------|-------------------------------------------|
| Ice Cream Frosting (p. 655)               | 3 figs, cut in thin strips                |
| $\frac{1}{2}$ cup chopped pecan nut meats | $\frac{1}{2}$ cup seeded raisins, chopped |
| $\frac{1}{2}$ teaspoon almond extract     |                                           |

When frosting is ready to spread, add other ingredients to half the frosting, reserving other half to frost top and sides of cake. *For 1 large cake.*

**LORD BALTIMORE FILLING**

|                                           |                                            |
|-------------------------------------------|--------------------------------------------|
| Ice Cream Frosting (p. 655)               | $\frac{1}{4}$ cup chopped blanched almonds |
| $\frac{1}{2}$ cup rolled dry macaroons    | 12 candied cherries, cut in quarters       |
| $\frac{1}{4}$ cup chopped pecan nut meats | 2 teaspoons lemon juice                    |
| $\frac{1}{4}$ teaspoon orange extract     | 3 teaspoons sherry                         |

Beat frosting until ready to spread. Add other ingredients to half the frosting, reserving other half to frost top and sides of cake. *For 1 large cake.*

**FRENCH CREAM FILLING**

|                                  |                                 |
|----------------------------------|---------------------------------|
| 1 cup whipping cream             | 1 egg white, beaten until stiff |
| $\frac{1}{4}$ cup powdered sugar | $\frac{1}{2}$ teaspoon vanilla  |

Beat cream until stiff, add sugar slowly; fold in egg white and vanilla. *For 1 large cake.*

**French Coffee Cream Filling.** Add strong coffee, drop by drop, or instantaneous coffee, to taste.

**Strawberry Cream Filling.** Fold in  $\frac{1}{2}$  cup mashed strawberries. Increase sugar to  $\frac{1}{3}$  cup.

**FRUIT CREAM FILLING**

|                                    |                          |
|------------------------------------|--------------------------|
| 1 cup whipping cream               | $\frac{1}{3}$ cup figs   |
| $\frac{1}{3}$ cup powdered sugar   | $\frac{1}{3}$ cup prunes |
| Few grains salt                    | 2 teaspoons lemon juice  |
| 3 tablespoons chopped walnut meats |                          |

Beat cream until stiff and add sugar, salt, nut meats, figs, and prunes, cut in very small pieces, and lemon juice. *For 1 large cake.*

**SYRACUSE FILLING**

|                                                             |                                |
|-------------------------------------------------------------|--------------------------------|
| 1 cup whipping cream                                        | 1 tablespoon boiling water     |
| $\frac{1}{2}$ cup sugar                                     | 6 marshmallows                 |
| $\frac{1}{2}$ teaspoon granulated gelatin, <i>soaked in</i> | 9 candied cherries             |
| 1 tablespoon cold water                                     | 4 macaroons                    |
|                                                             | $\frac{1}{2}$ teaspoon vanilla |

Beat cream until stiff and add sugar gradually; then add gelatin dissolved in boiling water. Add marshmallows and cherries cut in small pieces, macaroons dried and rolled, and vanilla. *For 1 large cake.*

## CHAPTER 31

# *Cookies*

### **Simple Cookies and Cakes** (for children, lunch boxes, etc.)

|                            |                          |
|----------------------------|--------------------------|
| Sugar Cookies              | Peanut Butter Cookies    |
| Chocolate Cookies, frosted | Boston Cookies           |
| Jumbles                    | Cape Cod Oatmeal Cookies |
| Spice Cookies              | Peanut Butter Cakes      |
| Molasses Cookies           | Cup Cakes                |

### **Tea Cookies and Cakes**

|                         |                            |
|-------------------------|----------------------------|
| Sand Tarts              | Coconut Strips             |
| Meringue Layer Cookies  | Scottish Fancies           |
| Butter Cookies          | Chocolate Crunch Cookies   |
| Rich Cookies            | Chocolate Walnut Wafers    |
| Refrigerator Cookies    | Chocolate Meringue Cookies |
| Swedish Nut Wafers      | Brownies                   |
| Scotch Shortbread       | Rolled Wafers              |
| Charleston Benne Wafers | Marguerites                |
| Date and Nut Bars       | Saltina Marguerites        |

### **Christmas Cookies**

(When packing a variety to send away, fill spaces with popped corn.)

|                         |                          |
|-------------------------|--------------------------|
| Christmas Sugar Cookies | Cinnamon Kites           |
| Orange Cookies          | Viennese Crescents       |
| Gingerbread Men         | Butter Stars             |
| Nut Balls               | Hazelnut Strips          |
| Rocks                   | Wasps' Nests             |
| Hermits                 | Norwegian Butter Cookies |

### **Party Cookies and Cakes**

|                   |                        |
|-------------------|------------------------|
| Meringues         | Mocha Cakes            |
| Macaroons         | Chocolate Vienna Cakes |
| Petits Fours      | Lady Fingers           |
| Coconut Snowballs | Lemon Queens           |

## SUGAR COOKIES

|                            |                                |
|----------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter   | $\frac{1}{2}$ teaspoon vanilla |
| 1 cup sugar                | $\frac{1}{2}$ teaspoon salt    |
| 1 egg or 2 egg yolks       | 1 teaspoon baking powder       |
| 1 tablespoon cream or milk | $1\frac{1}{2}$ cups flour      |

For richer cookies, increase butter to 1 cup and add 1 egg yolk. Extra white may be used to brush over cookies after they are cut out. *Makes 50 to 60 small cookies.*

Let butter stand at room temperature until soft. Beat in sugar, egg, milk, and vanilla. Add other ingredients, mixed and sifted together. Mix well.

**Drop** from tip of spoon 1 inch apart on lightly buttered cookie sheet. For flat cookies, press with knife or fork dipped in cold water or flatten with bottom of water glass, floured. If mixture is very firm, shape in small balls, arrange on sheet, and flatten as above.

**For rolled cookies**, add enough flour to make mixture stiff enough to roll out (about  $\frac{1}{4}$  cup). Chill thoroughly (1 hour or more). Roll part at a time, if making large amount, and keep rest in refrigerator. Roll  $\frac{1}{4}$  inch thick on lightly floured board or cloth. Cut out with floured cutter and arrange, with spatula, on buttered cookie sheet.

**To decorate**, sprinkle with sugar, plain or colored, or arrange on each nut meats, raisins, coconut, bit of citron, angelica, date, fig, candied fruit or fruit peel, etc.

**Bake** in moderately hot oven (375° F.) about 8 minutes. Remove from sheet with spatula and cool on wire rack. Plain cookies may be brushed with melted butter while still warm or spread with melted semi-sweet chocolate or frosting.

**Store** in tightly covered jar or box with wax paper between layers.

## Variations

**Almond Cookies.** Add  $\frac{1}{3}$  cup almonds, blanched and finely chopped,  $\frac{1}{2}$  teaspoon, each, cinnamon, clove, and nutmeg, and grated rind of  $\frac{1}{2}$  lemon.

**Butterscotch Cookies.** Use brown sugar and heat with butter until well blended. If desired, add  $\frac{1}{4}$  cup chopped nut meats (black walnuts are especially good).



**Chocolate Cookies.** Add  $\frac{1}{3}$  cup dry cocoa or 2 squares melted chocolate, before adding flour. Bake at  $325^{\circ}$  F. Frost with Chocolate Frosting (p. 652) if desired.

**Coconut Cookies.** Add  $\frac{1}{2}$  cup shredded coconut chopped fine. Drop cookies.

**Date Cookies.** Add  $\frac{1}{2}$  cup dates, cut fine with wet scissors. Drop cookies.

**Ginger Sugar Cookies.** Add 1 teaspoon yellow ginger or  $\frac{1}{4}$  cup candied ginger, cut fine.

**Lemon Sugar Cookies.** Omit vanilla. Add  $\frac{1}{2}$  teaspoon lemon extract and 2 teaspoons grated lemon rind.

**Maple Cookies.** Use maple sugar, crushed fine, in place of white.

**Marmalade Cookies.** Reduce sugar to  $\frac{2}{3}$  cup. Add 6 teaspoons marmalade.

**Christmas Sugar Cookies.** Increase butter to 1 cup and use 2 eggs. Add  $\frac{1}{2}$  cup sour cream and 1 teaspoon soda. Add sufficient flour to make stiff enough to roll. Chill. Roll  $\frac{1}{4}$  inch thick. Cut out with fancy cutters. Bake. Frost with Confectioners' Frosting (p. 652) and sprinkle with colored sugar.

**Nut Cookies.** Add  $\frac{1}{2}$  cup chopped nut meats.

**Orange Cookies.** Use orange juice in place of milk. Add grated rind of  $\frac{1}{2}$  orange. Two egg yolks in place of whole egg add to the color. Four yolks may be used, adding more liquid as needed.

**Raisin Cookies.** Add  $\frac{1}{2}$  cup chopped seeded raisins. Drop cookies.

**Seedcakes.** Add  $1\frac{1}{2}$  tablespoons caraway seeds.

**Spiced Sugar Cookies.** Add  $\frac{1}{4}$  teaspoon nutmeg or cinnamon or both.

**Sand Tarts.** Chill, roll  $\frac{1}{4}$  inch thick, and cut out with doughnut cutter. Brush over with egg white and sprinkle with 1 tablespoon sugar mixed with  $\frac{1}{4}$  teaspoon cinnamon. Split blanched almonds and arrange 3 halves on each cookie. Or, roll in oblong  $\frac{1}{2}$  inch thick, brush with egg white, sprinkle with cinnamon and sugar, decorate with blanched almond halves, and cut in squares.

### FILLED COOKIES or JUMBLES

Cut out Sugar Cookies (see above) 3 inches or more in diameter. On centers of half the cut-out pieces put bits of jam or jelly or mince-meat, or Banbury Tart filling (p. 617), etc. Cover with other

cookies, press edges together, prick with fork, and bake in moderately slow oven (325° F.). Three small openings may be made in each top cookie with a thimble.

**Fruit and Nut Filling.** Mix  $\frac{1}{2}$  cup chopped seeded raisins,  $\frac{1}{2}$  cup dates, cut fine,  $\frac{1}{4}$  cup chopped walnuts,  $\frac{1}{2}$  cup cold water, and  $\frac{1}{2}$  cup sugar mixed with 1 teaspoon flour. Cook slowly until thick.

**Date or Fig Filling.** Mix 1 cup chopped dates or figs,  $\frac{1}{3}$  cup sugar,  $\frac{1}{3}$  cup boiling water,  $1\frac{1}{2}$  teaspoons lemon juice,  $\frac{1}{2}$  tablespoon butter. Cook slowly until thick.

### MERINGUE LAYER COOKIES

Spread Sugar Cookie mixture evenly in buttered tin. Beat 1 egg white, add 1 cup brown sugar and  $\frac{1}{2}$  teaspoon vanilla, and spread over cookie mixture. Sprinkle  $\frac{3}{4}$  cup chopped pecan or walnut meats over all and press lightly. Bake 30 minutes in moderately slow oven (325° F.). Cut in squares or strips.

**Jelly Layer Cookies.** Spread cookie mixture with thin layer of tart jam or jelly. Beat egg white stiff, add 5 tablespoons sugar, 1 teaspoon cinnamon, and 6 tablespoons chopped walnut meats and spread over jelly. Bake as above.

### BUTTER COOKIES

|                     |                                       |
|---------------------|---------------------------------------|
| 1 cup butter        | Juice $\frac{1}{2}$ lemon             |
| 1 cup brown sugar   | 1 teaspoon cinnamon                   |
| 2 eggs, well beaten | $\frac{1}{4}$ teaspoon powdered clove |
| Grated rind 1 lemon | Flour                                 |

Cream butter, cream in sugar, add eggs, lemon rind and juice, cinnamon, clove, and sufficient flour to roll. Chill, roll thin, shape, and bake in moderate oven (350° F.). *Makes 60.*

### NORWEGIAN BUTTER COOKIES

|                                      |                         |
|--------------------------------------|-------------------------|
| $\frac{1}{2}$ cup butter             | 1 cup flour             |
| $\frac{1}{4}$ cup sugar              | 2 hard-cooked egg yolks |
| $\frac{1}{2}$ teaspoon lemon extract |                         |

Cream butter, add egg yolks pressed through sieve, and cream in sugar. Add sifted flour and flavoring. Put through cookie press onto

cookie sheet. Decorate with bit of candied cherry, if liked. Bake 10 minutes in moderately hot oven (375° F.). *Makes 40.*



*One Recipe, Many Designs. Use Norwegian Butter Cookies or Any Other Simple Cooky Mixture*

**BUTTER STARS**

|                              |                                            |
|------------------------------|--------------------------------------------|
| $\frac{1}{2}$ pound butter   | 1 tablespoon wine                          |
| 1 egg yolk                   | 1 egg white                                |
| 6 tablespoons powdered sugar | $\frac{1}{4}$ cup sugar                    |
| 3 cups flour                 | $\frac{1}{4}$ cup chopped blanched almonds |

Cream butter, add egg yolk, sugar, flour, and wine. Chill. Roll  $\frac{1}{4}$  inch thick. Cut out in star shape. Beat egg white until stiff, fold in sugar, and pile on cookies. Put  $\frac{1}{2}$  teaspoon blanched almonds on each and bake 30 minutes in moderately slow oven (325° F.). *Makes 36.*

**RICH COOKIES**

|                         |                           |
|-------------------------|---------------------------|
| 1 cup butter            | $1\frac{1}{2}$ cups flour |
| $\frac{2}{3}$ cup sugar | 1 teaspoon vanilla        |
| 2 eggs, well beaten     | Raisins, nuts, or citron  |

Cream butter, add sugar gradually, egg, flour, and vanilla. Spread, or drop from tip of spoon. If dropped, spread thinly with knife first dipped in cold water. On each cooky put Sultana raisins, almonds blanched and cut in strips, or citron cut in small pieces. Bake. (See Sugar Cookies, p. 666.) If desired, shape while warm over handle of wooden spoon or on rolling pin. *Makes 60.*

**REFRIGERATOR COOKIES**

|                               |                                  |
|-------------------------------|----------------------------------|
| $\frac{1}{2}$ cup butter      | $1\frac{1}{2}$ cups pastry flour |
| $\frac{2}{3}$ cup brown sugar | $\frac{1}{3}$ teaspoon soda      |
| $\frac{1}{3}$ cup white sugar | $\frac{1}{4}$ teaspoon salt      |
| 1 egg, slightly beaten        | 1 teaspoon vanilla               |

Cream butter, add sugar, egg, flour mixed and sifted with soda and salt, and vanilla. Shape in roll or several small rolls, wrap in waxed paper, and store in refrigerator. Slice off with sharp thin knife and bake on buttered cooky sheet 8 minutes in hot oven (400° F.). *Makes 60.*

**For variety,** add  $\frac{1}{3}$  teaspoon cinnamon or nutmeg or add 1 square chocolate, melted, or add  $\frac{1}{2}$  cup nut meats, broken in pieces, whole blanched almonds, raisins, or coconut.

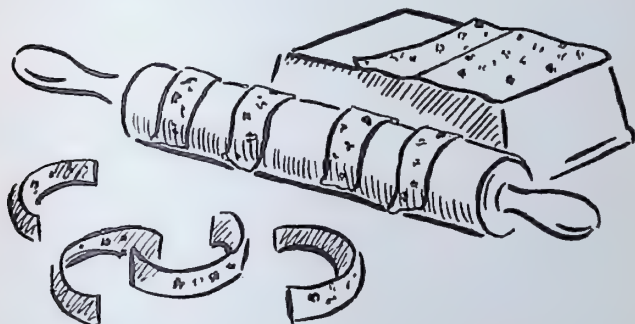
**Pinwheel Cookies.** Divide mixture in 2 equal parts. Melt 1 square

chocolate, cool slightly, add to one part and mix well. Chill. Roll each part separately into equal oblongs  $\frac{1}{8}$  inch thick. Place one on top of other and roll up like jelly roll. Chill, slice, and bake as above.

### SWEDISH NUT WAFERS

|                                     |                             |
|-------------------------------------|-----------------------------|
| $\frac{1}{4}$ cup shortening        | $1\frac{1}{3}$ cups flour   |
| $\frac{3}{4}$ cup sugar             | $\frac{1}{2}$ teaspoon salt |
| 1 egg, well beaten.                 | 1 teaspoon baking powder    |
| 2 tablespoons milk                  | 1 teaspoon vanilla          |
| $\frac{1}{3}$ cup chopped nut meats |                             |

Cream shortening (using butter and lard or other cooking fat in equal proportions), add sugar gradually, while beating constantly;



*Shape Swedish Nut Wafers over a Rolling Pin*

egg, milk, flour mixed and sifted with baking powder and salt, and vanilla. Spread evenly on bottom of buttered inverted bread pan, using case knife; sprinkle with nut meats, press nut meats gently into mixture, and mark in strips  $\frac{3}{4}$  inch wide. One tablespoon will cover pan  $7 \times 3$  inches. Repeat until mixture is used, baking a few at a time. Bake 12 minutes or until delicately brown in moderately slow oven ( $325^{\circ}$  F.). Cut strips apart and lay immediately over a rolling pin to shape. If strips become too brittle to shape, return to oven a moment to reheat and soften. *Makes 120 or more.*

These wafers are very delicate and should be carefully stored in a shallow box.



**SOUR CREAM COOKIES**

|                                  |                                |                      |
|----------------------------------|--------------------------------|----------------------|
| 2 eggs                           | $\frac{1}{2}$ teaspoon vanilla | } sifted<br>together |
| 1 cup sugar                      | $\frac{1}{2}$ teaspoon soda    |                      |
| $\frac{1}{3}$ cup butter, melted | $\frac{1}{4}$ teaspoon nutmeg  |                      |
| $\frac{1}{2}$ cup sour cream     | 2 cups flour                   |                      |

Beat eggs, add sugar, cream, butter, and vanilla. Add remaining ingredients. Drop from spoon on buttered cooky sheet. Bake in moderately hot oven ( $375^{\circ}$  F.) about 8 minutes. *Makes 60.*

**GINGERSNAPS**

|                            |                             |
|----------------------------|-----------------------------|
| $\frac{1}{3}$ cup molasses | $\frac{1}{8}$ teaspoon soda |
| 3 tablespoons shortening   | 1 teaspoon ginger           |
| $1\frac{1}{8}$ cups flour  | $\frac{1}{2}$ teaspoon salt |

Heat molasses to boiling point and pour over shortening. Add dry ingredients, mixed and sifted. Chill, roll, and bake 8 to 10 minutes in moderate oven ( $350^{\circ}$  F.). *Makes 50.*

**SPICE COOKIES**

|                                   |                                 |                          |
|-----------------------------------|---------------------------------|--------------------------|
| $\frac{1}{2}$ cup molasses        | 2 cups flour                    | } mixed<br>and<br>sifted |
| $\frac{1}{4}$ cup sugar           | $\frac{1}{2}$ teaspoon soda     |                          |
| $1\frac{1}{2}$ tablespoons butter | $\frac{1}{2}$ teaspoon salt     |                          |
| $1\frac{1}{2}$ tablespoons lard   | $\frac{1}{2}$ teaspoon clove    |                          |
| 1 tablespoon milk                 | $\frac{1}{2}$ teaspoon cinnamon |                          |
|                                   | $\frac{1}{2}$ teaspoon nutmeg   |                          |

Heat molasses to boiling point. Add sugar, shortening, and milk. Add dry ingredients. Chill, roll, and bake. (See Sugar Cookies, p. 666.) *Makes 60.*

**Gingerbread Men.** Cut out with special cutter. Bake. Frost with Confectioners' Frosting and decorate with candies, bits of citron, etc.

**MOLASSES COOKIES**

|                                                 |                                                |
|-------------------------------------------------|------------------------------------------------|
| $\frac{1}{2}$ cup shortening (lard and butter)  | 2 cups flour                                   |
| $\frac{1}{3}$ cup brown sugar                   | $\frac{1}{2}$ teaspoon salt                    |
| 1 egg                                           | $\frac{1}{2}$ teaspoon ginger <i>or</i> cloves |
| $\frac{1}{2}$ cup molasses                      | $\frac{1}{2}$ teaspoon cinnamon                |
| $\frac{1}{4}$ cup coffee, milk, <i>or</i> water | 1 teaspoon soda                                |

Cream shortening and sugar. Add egg, molasses, and coffee, milk, or water. Mix and sift remaining ingredients and add. Beat well. Add more flour if needed. Drop from spoon on buttered cooky sheet and bake about 10 minutes in moderately hot oven ( $375^{\circ}$  F.). *Makes 30 to 60.*

**To vary**, add  $\frac{1}{4}$  teaspoon, each, nutmeg, cloves and allspice.  
*Or*, add  $\frac{1}{2}$  cup floured raisins.

**To Store**. Put in tightly covered jar. If soft cookies are liked, keep a cut apple in jar or a slice or two of bread.

**Rolled Molasses Cookies**. Add more flour (about  $\frac{1}{2}$  cup) to make mixture stiff enough to handle. Chill. Roll  $\frac{1}{4}$  inch thick. Cut out.

**Walnut Molasses Bars**. Roll, cut in strips  $3\frac{1}{2} \times 1\frac{1}{2}$  inches. Sprinkle with chopped walnut meats, press in slightly, and bake.

**Molasses Crinkles**. Omit coffee or milk and add enough flour so that mixture can be shaped in  $1\frac{1}{2}$ -inch balls. Dip tops in granulated sugar and arrange on buttered cooky sheet. Sprinkle 2 or 3 drops of water on each. Bake.

## SCOTCH SHORTBREADS

1 cup butter

$\frac{1}{2}$  cup confectioners' or light  
brown sugar

2 cups bread flour

$\frac{1}{4}$  teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt

Wash butter, add sugar gradually, and flour sifted with baking powder and salt. Roll  $\frac{1}{3}$  inch thick, cut out in squares or rounds, prick with fork, and decorate, if desired. (See Sugar Cookies, p. 666.) Bake 20 to 25 minutes in moderate oven ( $350^{\circ}$  F.) or until delicately brown. *Makes 24 or more.*

**Royal Fans**. Cut in 2- to 5-inch rounds, then quarter and mark with back of knife like fan. Brush over with egg yolk diluted with water.

## VIENNESE CRESCENTS

1 cup butter

$\frac{1}{4}$  cup sugar

2 cups flour

1 cup ground almonds

(unblanched)

1 teaspoon vanilla

Cream butter, add other ingredients, and mix thoroughly. Shape with fingers in crescents 1 inch thick and about 3 inches long. Arrange on buttered cooky sheet. Bake 35 minutes in slow oven ( $300^{\circ}$  F.). Cool. Roll in confectioners' sugar. *Makes 36.*

**Pecan Delights**. Increase sugar to  $\frac{1}{2}$  cup and use 2 cups chopped pecans in place of almonds. Add 3 teaspoons water. Shape like dates.

## NUT BALLS

|                                                                    |                     |
|--------------------------------------------------------------------|---------------------|
| $\frac{2}{3}$ cup butter                                           | 1 cup flour         |
| 1 cup ground nut meats<br>(filberts, walnuts, black walnuts, etc.) | 3 tablespoons sugar |
|                                                                    | 1 teaspoon vanilla  |

Cream butter, add other ingredients, and work with fingers until well blended. Pinch off bits and roll in balls the size of large marbles. Bake on lightly buttered cooky sheet in moderately hot oven ( $375^{\circ}$  F.) about 10 minutes. Roll while hot in powdered sugar. *Makes 60.*

## PEANUT BUTTER COOKIES

|                                 |                                |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter        | 1 egg                          |
| $\frac{1}{2}$ cup peanut butter | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{2}$ cup white sugar   | $\frac{1}{2}$ teaspoon salt    |
| $\frac{1}{2}$ cup brown sugar   | $\frac{1}{2}$ teaspoon soda    |
| 1 cup flour                     |                                |

Cream butters, beat in sugar, add other ingredients and enough more flour (about  $\frac{1}{2}$  cup) to make mixture stiff enough for drop cookies. Arrange by spoonfuls on buttered cooky sheet, press flat with floured spoon, and mark with floured fork. Bake in moderate oven ( $350^{\circ}$  F.). *Makes 60.*

## PEANUT COOKIES

|                                    |                                          |
|------------------------------------|------------------------------------------|
| 2 tablespoons butter               | $\frac{1}{4}$ teaspoon salt              |
| $\frac{1}{4}$ cup sugar            | $\frac{1}{2}$ cup flour                  |
| 1 egg, well beaten                 | 2 teaspoons milk                         |
| 1 teaspoon baking powder           | $\frac{1}{2}$ cup finely chopped peanuts |
| $\frac{1}{2}$ teaspoon lemon juice |                                          |

Cream butter, add sugar and egg. Mix and sift baking powder, salt, and flour; add to first mixture; then add milk, peanuts, and lemon juice. Drop from teaspoon on buttered cooky sheet 1 inch apart and place half a peanut on top of each. Bake 12 to 15 minutes in moderately slow oven ( $325^{\circ}$  F.). *Makes 36.*

## NUT COOKIES

|                         |                     |
|-------------------------|---------------------|
| 2 egg yolks             | 2 egg whites        |
| 1 cup brown sugar       | 6 tablespoons flour |
| 1 cup chopped nut meats | Few grains salt     |

Beat egg yolks until thick and lemon-colored, add sugar gradually, nut meats, egg whites beaten stiff, and flour mixed with salt. Drop

from tip of spoon on buttered cooky sheet, flatten with knife, spread, and bake 5 to 8 minutes in moderate oven (350° F.). *Makes 50.*

### CHARLESTON BENNE WAFERS

|                               |                                  |
|-------------------------------|----------------------------------|
| $\frac{1}{2}$ cup benne seeds | $1\frac{3}{4}$ tablespoons flour |
| 1 cup brown sugar             | 1 egg, beaten                    |
| 1 tablespoon butter           | 1 teaspoon vanilla               |
| $\frac{1}{4}$ teaspoon salt   |                                  |

Brown benne seeds slightly in small heavy pan. Combine with other ingredients. Drop from teaspoon on well-buttered cooky sheet, leaving 2-inch spaces between cookies. Bake 5 to 8 minutes in moderate oven (350° F.). Remove from pan carefully while still warm (two spatulas are a help). *Makes 30.*

### DATE AND NUT COOKIES

|                                 |                                     |
|---------------------------------|-------------------------------------|
| $1\frac{1}{2}$ cups brown sugar | 3 cups flour (scant)                |
| $\frac{1}{2}$ cup butter        | 1 teaspoon vanilla                  |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{2}$ cup chopped nut meats |
| 1 teaspoon soda                 | $\frac{1}{2}$ cup chopped dates     |
| $\frac{1}{2}$ teaspoon salt     | 1 egg, well beaten                  |

Cream sugar and butter, add soda in boiling water, and other ingredients in order given. Drop on cooky sheet (make rather thick) and bake in moderate oven (350° F.). *Makes 75.*

### DATE AND NUT BARS

|                                 |                                      |
|---------------------------------|--------------------------------------|
| $\frac{1}{4}$ cup melted butter | $\frac{1}{2}$ teaspoon baking powder |
| 1 cup sugar                     | Few grains salt                      |
| 3 eggs, well beaten             | 1 cup dates, cut fine                |
| 1 cup flour                     | 1 cup nut meats, chopped             |

Mix in order given. Spread in pan about 14 × 8 inches, lined with waxed paper. Bake 15 to 20 minutes in moderate oven (350° F.). Cut in finger-shaped pieces and roll in powdered sugar while warm. *Makes 40.*

**Honey Date Bars.** Use honey in place of sugar. Increase baking powder to 1 teaspoon.

## COCONUT LAYER COOKIES

|                          |                                      |
|--------------------------|--------------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup nut meats          |
| 1 cup flour              | 2 eggs                               |
| 1 cup brown sugar        | 6 teaspoons flour                    |
| 1 cup moist coconut      | $\frac{1}{2}$ teaspoon baking powder |

Mix butter and flour as for pastry. Pat in oblong pan, 8 × 8 inches, and bake 15 minutes in moderately hot oven (375° F.). Mix other ingredients, spread over top, return to oven, and bake 30 minutes, reducing heat to moderate (350° F.). Leave in pan 12 hours before cutting in squares.

## HAZELNUT STRIPS

|                                        |                                    |
|----------------------------------------|------------------------------------|
| 1 egg white                            | 1 egg yolk                         |
| $\frac{7}{8}$ cup confectioners' sugar | 6 tablespoons confectioners' sugar |
| $\frac{7}{8}$ cup hazelnuts            | $\frac{1}{2}$ teaspoon vanilla     |

Beat egg white, beat in sugar and nuts, ground fine. Pat out on board to  $\frac{1}{4}$  inch thickness. Spread with yolk beaten with sugar and vanilla. Let stand until dry enough to cut in strips (10 to 30 minutes). Cut in strips. Arrange on floured and buttered cookie sheet. Let stand 10 minutes. Bake in slow oven (300° F.). Let stand before removing from pan.

## BOSTON COOKIES

|                                           |                                     |
|-------------------------------------------|-------------------------------------|
| $\frac{1}{3}$ cup butter                  | $\frac{1}{3}$ teaspoon soda         |
| $\frac{1}{2}$ cup sugar                   | Few grains salt                     |
| 1 egg, well beaten                        | $\frac{1}{2}$ teaspoon cinnamon     |
| 1 cup flour                               | $\frac{1}{3}$ cup chopped nut meats |
| $\frac{1}{3}$ cup seeded raisins, chopped |                                     |

Cream butter, add sugar gradually, and egg. Add half the flour mixed and sifted with salt, soda, and cinnamon; then add nut meats, raisins, and remaining flour. Drop by spoonfuls 1 inch apart on buttered sheet. Bake in moderate oven (350° F.). *Makes 36.*



## COCONUT STRIPS

|                    |                                           |
|--------------------|-------------------------------------------|
| 2 eggs             | $\frac{1}{4}$ cup chopped pecan nut meats |
| 2 cups brown sugar | 6 tablespoons flour                       |
| 2 cups dry coconut | $\frac{1}{4}$ teaspoon vanilla            |

Beat eggs, add other ingredients. Bake in moderate oven (350° F.) in buttered and floured pan, 9 inches square. Cut while warm in finger-shaped strips. *Makes 18.*

## ROCKS

|                                   |                             |
|-----------------------------------|-----------------------------|
| 1 cup butter                      | $2\frac{1}{4}$ cups flour   |
| 1 cup sugar                       | $\frac{1}{2}$ teaspoon salt |
| 3 eggs, well beaten               | $\frac{1}{2}$ teaspoon soda |
| 1 cup walnut meats, cut in pieces | 1 teaspoon cinnamon         |
| 1 cup raisins                     | 1 teaspoon vanilla          |

Cream butter with sugar, beat in eggs and add flour sifted with salt, soda, and cinnamon. Add vanilla, nuts, and raisins. Drop from spoon on buttered cookie sheet. Bake in moderate oven (350° F.). *Makes 60.*

## HERMITS

|                                        |                                               |
|----------------------------------------|-----------------------------------------------|
| 4 tablespoons butter                   | $\frac{1}{2}$ teaspoon clove                  |
| $\frac{1}{2}$ cup sugar                | $\frac{1}{4}$ teaspoon mace                   |
| $\frac{1}{2}$ teaspoon salt            | $\frac{1}{4}$ teaspoon nutmeg                 |
| 2 eggs, well beaten                    | $\frac{1}{4}$ cup raisins, cut fine           |
| $\frac{1}{2}$ cup molasses             | $\frac{1}{4}$ cup currants                    |
| $1\frac{3}{4}$ cup flour               | $\frac{1}{4}$ cup nut meats, cut fine         |
| $\frac{2}{3}$ teaspoon soda            | 3 tablespoons citron (if liked),<br>cut small |
| $\frac{2}{3}$ teaspoon cream of tartar |                                               |
| 1 teaspoon cinnamon                    | $\frac{1}{4}$ cup flour                       |

Cream butter and sugar, add salt, eggs, and molasses. Beat well. Stir in flour with soda, cream of tartar, and spices and add to first mixture, beating well. Stir in fruit and nuts mixed with remaining flour.

Spread in buttered pan, 7 × 14 inches, and bake about 15 minutes in moderate oven (350° F.). Cut in squares while warm.

**To vary,** use 1 cup brown sugar in place of white sugar and molasses. Add  $\frac{1}{2}$  cup coffee, sour cream, or sour milk.

## CAKE CRUMB HERMITS

|                       |                                       |
|-----------------------|---------------------------------------|
| 2½ tablespoons butter | ½ teaspoon mace                       |
| ½ cup brown sugar     | ¼ teaspoon clove                      |
| ½ cup molasses        | ¾ teaspoon salt                       |
| 2 eggs, beaten        | 1½ cups fine, dry cake crumbs         |
| 1½ cups flour         | ¼ cup citron, cut in fine strips      |
| ½ teaspoon soda       | ¼ cup currants <i>or</i> raisins      |
| 2 teaspoons cinnamon  | ¼ cup orange peel, cut in fine strips |
| ½ teaspoon allspice   | ¼ cup milk                            |

Cream butter, add sugar slowly, then molasses, and eggs. Beat thoroughly. Add, alternately, milk and flour sifted with soda, spices, and salt. Add remaining ingredients. Mix well. Spread ¼ inch thick in buttered dripping pans. Bake 10 to 12 minutes in moderate oven (350° F.). Cut in rectangles. *Makes 60.*

## CAPE COD OATMEAL COOKIES

|                       |                                    |                      |
|-----------------------|------------------------------------|----------------------|
| 1 egg                 | 1 cup seeded raisins <i>or</i> nut |                      |
| 1 cup sugar           | meats, cut fine, <i>or</i> ½ cup   |                      |
| ½ cup melted butter   | of each                            |                      |
| ½ cup melted lard     | 1½ cups flour                      | } sifted<br>together |
| 1 tablespoon molasses | ½ teaspoon soda                    |                      |
| ¼ cup milk            | 1 teaspoon cinnamon                |                      |
| 1¾ cups rolled oats   | ½ teaspoon salt                    |                      |

Beat egg, add other ingredients. Mix well. Arrange by spoonfuls on buttered cooky sheet. Bake in moderately slow oven (325° F.). If a thicker cooky is desired, increase rolled oats to 2 cups and flour to 1¾ cups. *Makes 75.*

## SCOTTISH FANCIES

|                            |                                             |
|----------------------------|---------------------------------------------|
| 1 egg, beaten until light  | 1 cup rolled oats (uncooked)                |
| ½ cup sugar                | ⅓ teaspoon salt                             |
| ⅔ tablespoon melted butter | ¼ teaspoon vanilla <i>or</i> almond extract |

Add sugar gradually to egg and stir in remaining ingredients. Drop mixture by teaspoonfuls on thoroughly greased cooky sheet 1½ inches apart. Spread into circular shape with a fork dipped in cold water. Bake in moderately slow oven (325° F.) until delicately browned. For variety, use ⅔ cup rolled oats and fill cup with shredded coconut. After baking, these cookies may be rolled over handle of wooden spoon, while still warm. *Makes 36.*

**CHOCOLATE CRUNCH COOKIES**

|                                          |                                        |
|------------------------------------------|----------------------------------------|
| $\frac{1}{2}$ cup butter                 | $\frac{1}{2}$ teaspoon soda <i>in</i>  |
| $\frac{3}{8}$ cup brown sugar            | 1 tablespoon hot water                 |
| $\frac{3}{8}$ cup white sugar            | $1\frac{1}{8}$ cups flour              |
| 1 egg, beaten                            | $\frac{1}{2}$ cup nuts, finely chopped |
| $\frac{1}{2}$ teaspoon salt              | 1 teaspoon vanilla                     |
| $\frac{1}{2}$ pound semi-sweet chocolate |                                        |

Cut chocolate in pieces the size of small raisins or use chocolate bits. Cream butter, beat in sugar until light and smooth, and add other ingredients. A chocolate nut bar may be used in place of chocolate and nuts. Drop from tip of spoon on buttered cooky sheet, bake in moderate oven (350° F.). *Makes 36.*

**CHOCOLATE MERINGUE COOKIES**

|                                                            |                                 |
|------------------------------------------------------------|---------------------------------|
| 1 square chocolate                                         | 1 egg white (unbeaten)          |
| Sifted confectioners' sugar (about<br>$1\frac{2}{3}$ cups) | 1 teaspoon vanilla              |
|                                                            | Granulated sugar (for dredging) |

Melt chocolate, stir in  $\frac{2}{3}$  cup sugar, egg white, and vanilla. Mix until smooth. Add more sugar (about 1 cup) until mixture is stiff enough to roll out. Sprinkle board with granulated sugar, roll mixture  $\frac{1}{4}$  inch thick, sprinkle with granulated sugar, cut out with small biscuit cutter, and bake in slow oven (300° F.). *Makes 18.*

**BROWNIES**

|                                 |                                                            |
|---------------------------------|------------------------------------------------------------|
| 2 squares unsweetened chocolate | $\frac{1}{8}$ teaspoon salt                                |
| $\frac{1}{4}$ cup butter        | $\frac{1}{2}$ cup flour                                    |
| $1\frac{1}{4}$ cups brown sugar | $\frac{1}{2}$ cup walnut meats, cut<br>in pieces (or more) |
| 2 eggs                          |                                                            |
| 1 teaspoon vanilla              |                                                            |

Melt chocolate over hot water, using rather large saucepan. Remove from fire, add butter, stir until melted, add sugar, eggs, salt, flour, nut meats, and vanilla. Spread evenly in 7-inch-square shallow pan, lined with heavy waxed paper. Bake about 1 hour in slow oven (300° F.). Cut in squares. For more candy-like brownies, use 1 egg and 1 cup of white sugar. *Makes 16 or more.*

**Sultana Sticks.** Use  $\frac{1}{4}$  cup each of nut meats and Sultana raisins. Cut in finger-shaped pieces.

**GERMAN CHOCOLATE COOKIES**

|                                  |                                                      |
|----------------------------------|------------------------------------------------------|
| 2 eggs, lightly beaten           | Grated rind $\frac{1}{2}$ lemon                      |
| 1 cup brown sugar                | $1\frac{1}{3}$ cups almonds, blanched<br>and chopped |
| 2 ounces sweet chocolate, grated | 1 cup flour                                          |
| $\frac{1}{4}$ teaspoon cinnamon  | 1 teaspoon baking powder                             |
| $\frac{1}{2}$ teaspoon salt      |                                                      |

Add sugar gradually to eggs and continue beating. Add remaining ingredients. Drop from tip of spoon on buttered cooky sheet and bake in moderately slow oven (325° F.). *Makes 36.*

**CHOCOLATE FRUIT COOKIES**

|                                |                                                  |
|--------------------------------|--------------------------------------------------|
| $\frac{1}{4}$ cup butter       | 1 egg                                            |
| $\frac{1}{2}$ cup sugar        | $\frac{1}{2}$ cup nut meats, finely chopped      |
| 2 tablespoons grated chocolate | $\frac{1}{2}$ cup seeded raisins, finely chopped |
| 1 tablespoon sugar             | 1 cup flour                                      |
| 1 tablespoon boiling water     | 1 teaspoon baking powder                         |

Cream butter and add  $\frac{1}{2}$  cup sugar, gradually. Melt chocolate, add remaining sugar and water, and cook 1 minute. Combine mixtures and add remaining ingredients. Chill, roll, and bake. (See Sugar Cookies, p. 666.) *Makes 36.*

**CHOCOLATE WALNUT WAFERS**

|                             |                                |
|-----------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter    | 1 cup chopped walnut meats     |
| 1 cup sugar                 | $\frac{1}{4}$ teaspoon salt    |
| 2 eggs, well beaten         | $\frac{1}{4}$ teaspoon vanilla |
| 2 squares chocolate, melted | $\frac{2}{3}$ cup flour        |

Cream butter and add sugar gradually; add other ingredients in order given. Drop from tip of spoon on a buttered cooky sheet 1 inch apart and bake in moderate oven (350° F.). *Makes 36.*

**BUTTERSCOTCH BROWNIES**

|                             |                                               |
|-----------------------------|-----------------------------------------------|
| $\frac{1}{3}$ cup butter    | $\frac{3}{4}$ cup cake flour                  |
| 1 cup dark brown sugar      | 1 teaspoon baking powder                      |
| 1 egg, unbeaten             | $\frac{1}{2}$ teaspoon vanilla                |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup nut meats, broken in pieces |

Melt butter, add other ingredients, and spread in buttered pan, 8 × 8 inches. Bake 25 minutes in moderate oven (350° F.). Cut in squares or strips. *Makes 16 or more.*

## ROLLED WAFERS

|                                  |                               |
|----------------------------------|-------------------------------|
| $\frac{1}{4}$ cup butter         | $\frac{1}{4}$ cup milk        |
| $\frac{1}{2}$ cup powdered sugar | $\frac{1}{8}$ cup bread flour |
| $\frac{1}{2}$ teaspoon vanilla   |                               |

Cream butter, add sugar gradually, and milk drop by drop, then add flour and flavoring. Spread very thinly with a broad, long-bladed knife on larded inverted dripping pan which has been chilled. Crease in 3-inch squares and bake in moderately slow oven (325° F.) until delicately browned. Place pan in warm place, cut squares apart with sharp knife, and roll while warm in tubular or cornucopia shape. If squares become too brittle to roll, place in oven to soften. If rolled cornucopia shape, they may be filled with whipped cream, sweetened, and flavored. *Makes about 60 wafers.*

**Honey Rolls.** Fill with Honey Filling (p. 656), dip ends in sugar sirup, then in chopped pistachio nuts.

## ENGLISH ROLLED WAFERS

|                            |                         |
|----------------------------|-------------------------|
| $\frac{1}{2}$ cup molasses | 1 cup flour (scant)     |
| $\frac{1}{2}$ cup butter   | $\frac{3}{8}$ cup sugar |
| 1 tablespoon ginger        |                         |

Heat molasses to boiling point, add butter, then slowly, stirring constantly, flour mixed and sifted with ginger and sugar. Drop small portions from tip of spoon on larded, inverted dripping pan 2 inches apart. If baked on a cooky sheet, wafers are likely to burn around edges. Bake 15 minutes in slow oven (300° F.), cool slightly, remove from pan, and roll over handle of wooden spoon while warm. *Makes about 60.*

**Almond Wafers.** Before baking, sprinkle with almonds blanched and chopped. Other nut meats or shredded coconut may be used in place of almonds.

## NUT CAKES

|                                    |                     |
|------------------------------------|---------------------|
| $\frac{1}{2}$ cup pecan nut meats  | 2 tablespoons flour |
| $\frac{1}{2}$ pound powdered sugar | 3 egg whites        |
| 1 teaspoon vanilla                 |                     |

Pound nut meats and mix with sugar and flour. Beat egg whites until stiff, add first mixture and vanilla. Drop from tip of tablespoon (allowing 1 spoonful for each cake) on cooky sheet covered with buttered paper. Bake 20 minutes in moderate oven (350° F.).



**MERINGUES or KISSES**

2 egg whites       $\frac{1}{2}$  cup fine granulated sugar  
                           $\frac{1}{2}$  teaspoon vanilla

Beat whites until *stiff and dry*, beat in 6 tablespoons of sugar, a spoonful at a time, and continue beating until mixture will hold its shape; add flavoring, then fold in remaining sugar. Shape with spoon or pastry bag and tube on a cookie sheet covered with paper. Bake 50 minutes in very slow oven (250° F.). Remove paper. If desired, put together in pairs. *Makes about 18 meringues.*

**Meringue Shells.** Drop from spoon or shape in 3-inch rings on wet board covered with paper. Bake. Remove paper and meringues and turn upside down. Lay damp cheesecloth on paper, then remove meringues. Crush center or remove soft center with teaspoon. Place in oven to dry. Fill with whipped cream or ice cream, put another meringue on top. Serve with crushed strawberries, chocolate or other sauce. Filled with ice cream, these are called *Meringues Glacées*.

**Nut Meringues.** Add  $\frac{1}{2}$  cup or more chopped nut meats (almonds, English walnuts, peanuts, or hickory nuts). Shape. Sprinkle with nut meats and bake.

**Mushroom Meringues.** Shape in rounds the size of mushroom caps, using pastry bag and tube; sprinkle with grated chocolate, cocoa, or chocolate shot. Shape stems like mushroom stems. Bake, remove from paper, and place caps on stems.

**Creole Kisses.** Add finely pounded Nut Brittle (p. 9) made with Jordan almonds. Shape, sprinkle with shredded almonds, sift sugar over them, and bake 25 minutes in slow oven (300° F.).

**Date and Nut Meringues.** Fold in  $\frac{1}{2}$  cup chopped nut meats and  $\frac{1}{4}$  pound dates, cut fine. Pecans are especially good. Bake 25 minutes in moderate oven (350° F.). *Makes 40 small meringues.*

**FRENCH MERINGUES**

2 cups sugar      5 egg whites  
 1 cup water      1 teaspoon vanilla

Boil sugar and water until mixture forms a firm ball when tried in cold water. Beat egg whites until stiff and add the hot sirup gradually, while beating constantly. Set pan containing mixture in pan of ice water, add flavoring, and stir 5 minutes. Cover and let stand 15 minutes. Shape with spoon or pastry bag and tube on buttered

cookie sheet, dredged with cornstarch. Bake 30 minutes in slow oven (300° F.). This recipe makes chewy meringues.

### WASPS' NESTS

|                                      |                                         |
|--------------------------------------|-----------------------------------------|
| $\frac{1}{2}$ pound blanched almonds | 3 small egg whites                      |
| $\frac{1}{4}$ cup water              | $\frac{1}{2}$ pound powdered sugar      |
| $\frac{1}{2}$ cup sugar              | 1 cake German's sweet chocolate, grated |

Shred almonds lengthwise. Cook sugar and water to 240° F. or until it spins a thread and stir in almonds. Beat egg whites until stiff, beat in powdered sugar, and add chocolate and almond mixture. Arrange by half teaspoonfuls on buttered and floured cookie sheet and bake in slow oven (300° F.). Let stand 10 minutes before removing from tin. *Makes 100.*

### PEANUT MACAROONS.

|                                         |                                       |
|-----------------------------------------|---------------------------------------|
| 1 egg white                             | 5 tablespoons finely chopped peanuts, |
| $\frac{1}{4}$ cup fine granulated sugar | roasted and skinned                   |
|                                         | 1 teaspoon vanilla                    |

Beat egg white until stiff and add sugar gradually, while beating constantly; then add peanuts and vanilla. Drop from tip of spoon on buttered cookie sheet  $1\frac{1}{2}$  inches apart. Garnish each with  $\frac{1}{2}$  peanut and bake 12 to 15 minutes in slow oven (300° F.). *Makes 16.*

### PEANUT or PECAN BARS

|                         |                                |
|-------------------------|--------------------------------|
| 1 cup peanuts or pecans | 1 cup brown sugar              |
| 1 egg white             | $\frac{1}{4}$ teaspoon salt    |
|                         | $\frac{1}{2}$ teaspoon vanilla |

Chop peanuts finely. Beat egg white until stiff and add gradually, while beating constantly, sugar, salt, and vanilla. Fold in peanuts, drop from tip of spoon or spread mixture in buttered, square, shallow pan, and bake in moderately slow oven (325° F.). Cut in bars, using a greased sharp knife, and remove from pan.

### CORN FLAKE MACAROONS

|                                    |                                       |
|------------------------------------|---------------------------------------|
| 1 egg white, beaten stiff          | 1 cup corn flakes                     |
| $\frac{1}{2}$ cup sugar            | $\frac{1}{4}$ teaspoon almond extract |
| $\frac{1}{2}$ cup shredded coconut | $\frac{1}{4}$ teaspoon vanilla        |
|                                    | Few grains salt                       |

Mix in order given. Drop from tip of spoon on buttered sheet and bake 20 minutes in moderate oven (350° F.). *Makes 18.*

**With Chocolate Chips.** Reduce sugar to  $\frac{1}{4}$  cup. Omit coconut and add  $\frac{1}{3}$  cup semi-sweet chocolate, cut in small pieces.

**CHOCOLATE NUT BARS**

|                                  |                                            |
|----------------------------------|--------------------------------------------|
| 2 egg whites                     | $\frac{2}{3}$ cup Jordan almonds, blanched |
| $\frac{7}{8}$ cup powdered sugar | and chopped                                |
| 1 square chocolate, melted       |                                            |

Beat egg whites until stiff and add sugar gradually, while beating constantly; then carefully cut and fold in chocolate, which has been slightly cooled, and  $\frac{2}{3}$  of the nut meats. Spread mixture  $\frac{1}{4}$  inch thick in buttered dripping pan, about 18 × 10 inches, sprinkle with remaining nuts, and bake 40 minutes in slow oven (300° F.). While warm, cut in finger-shaped pieces, using sharp knife. *Makes 40.*

**CINNAMON KITES**

|                                 |                                         |
|---------------------------------|-----------------------------------------|
| 3 egg whites                    | $1\frac{1}{2}$ teaspoons cinnamon       |
| 1 cup granulated sugar          | $1\frac{1}{3}$ cups chopped, unblanched |
| 1 tablespoon flour              | Jordan almonds                          |
| Grated rind $\frac{1}{2}$ lemon |                                         |

Beat egg whites to stiff froth. Mix remaining ingredients and cut and fold into egg whites. Turn onto board dredged with  $\frac{1}{4}$  cup flour and powdered sugar (using equal parts and mixing thoroughly) and pat and roll  $\frac{1}{4}$  inch thick. Shape with kite-shaped or other cutter, arrange on slightly buttered cooky sheet, and bake 20 minutes in slow oven (300° F.). Spread with Confectioners' Frosting (p. 652). *Makes 36.*

**MACAROONS**

|                                              |                                   |
|----------------------------------------------|-----------------------------------|
| $\frac{1}{2}$ pound almond paste, commercial | 2 tablespoons pastry flour        |
| or homemade (p. 714)                         | 3 egg whites ( $\frac{1}{3}$ cup) |
| 1 cup sugar                                  | $\frac{1}{3}$ cup powdered sugar  |

Mix paste thoroughly with hand, add sugar slowly and egg whites. When thoroughly blended, add powdered sugar sifted with flour. Shape, using pastry bag and tube, on cooky sheets covered with thin paper. Let stand, covered, from 5 minutes to 48 hours, pat with fingers dipped in cold water, bake 30 minutes in slow oven (300° F.). Remove from paper by wetting back of paper with cloth wrung out of cold water.

If desired, add finely chopped candied cherries to mixture.

Tops may be decorated before baking with chopped almonds, pignolias, walnut meats, or raisins or bits of cherry. After baking, they may be frosted.

**Almond Macaroons.** Sprinkle before baking with almonds blanched and shredded, or chopped.

**Chocolate Fingers.** Bake in finger shapes. Put together in pairs with Chocolate Filling (p. 661). Dip ends in sugar sirup, then in chocolate shot.

### CRESCENTS

|                                  |                                      |
|----------------------------------|--------------------------------------|
| $\frac{1}{2}$ pound almond paste | Almonds, blanched and finely chopped |
| 2 ounces confectioners' sugar    | 1 egg white (small)                  |

Mix like Macaroons. Shape mixture, which is quite soft, in a long roll. Cut pieces from roll  $\frac{3}{4}$  inch long. Roll each separately in chopped nuts, shaping to form a crescent. Bake 20 minutes on buttered cooky sheet in slow oven (300° F.). Cool, and frost with Confectioners' Frosting (p. 652), made thin enough to put on with a brush and flavored with lemon juice until quite acid. Other nuts may be used in place of almonds.

### CINNAMON BARS

|                               |                                 |
|-------------------------------|---------------------------------|
| 10 ounces almond paste        | 1 egg white                     |
| 5 ounces confectioners' sugar | $\frac{1}{2}$ teaspoon cinnamon |

Mix like Macaroons. Dredge a board with sugar, knead mixture slightly, and shape in a long roll. Pat, and roll  $\frac{1}{4}$  inch thick, using a rolling pin. After rolling, the piece should be 4 inches wide. Spread with frosting made of 1 egg white and  $\frac{2}{3}$  cup confectioners' sugar beaten together until stiff enough to spread. Cut in strips 4 inches long by  $\frac{3}{4}$  inch wide. This must be quickly done, as a crust soon forms over frosting. To accomplish this, use 2 knives, one placed through mixture where dividing line is to be made, and the other used to make a clean, sharp cut on both sides of first knife. Knives should be kept clean by wiping on a damp cloth. Remove strips, as soon as cut, to a cooky sheet, greased with lard, and then floured. Bake 20 minutes in slow oven (300° F.).

**MARGUERITES I**

|                                      |                             |
|--------------------------------------|-----------------------------|
| 2 eggs, slightly beaten              | $\frac{1}{3}$ teaspoon salt |
| 1 cup brown sugar                    | 1 cup pecan nut meats,      |
| $\frac{1}{2}$ cup flour              | cut in small pieces         |
| $\frac{1}{4}$ teaspoon baking powder |                             |

Mix in order given. Fill small buttered tins  $\frac{2}{3}$  full of mixture and place pecan nut meat on each. Bake 8 to 15 minutes in moderate oven (350° F.). *Makes 18.*

**MARGUERITES II**

|                                  |                                  |
|----------------------------------|----------------------------------|
| $\frac{1}{3}$ cup butter         | 1 egg, well beaten               |
| $\frac{1}{3}$ cup powdered sugar | $\frac{1}{8}$ cup bread flour    |
| $\frac{1}{3}$ cup molasses       | 1 cup pecan meats, cut in pieces |

Mix ingredients in order given. Bake in small, shallow, fancy cake tins, garnishing top of each cake with  $\frac{1}{2}$  pecan. *Makes 18.*

**CUP CAKES**

Use any cake or gingerbread recipe, reducing flour by 1 tablespoon for each cup flour in recipe. Bake in individual tins or paper cups in moderately hot oven (375° F.). Sprinkle with powdered sugar or cover with butter frosting or boiled icing. Garnish with chopped nuts or half a nut meat, bit of cherry, chocolate shot, etc.

**Filled Cup Cakes.** Cut thin slice off tops of plain cup cakes. Scoop out some of center. Fill with jam, marmalade, preserves, Chocolate Filling (p. 661), or other filling, replace top, and frost as desired.

**PETITS FOURS or LITTLE PARTY CAKES**

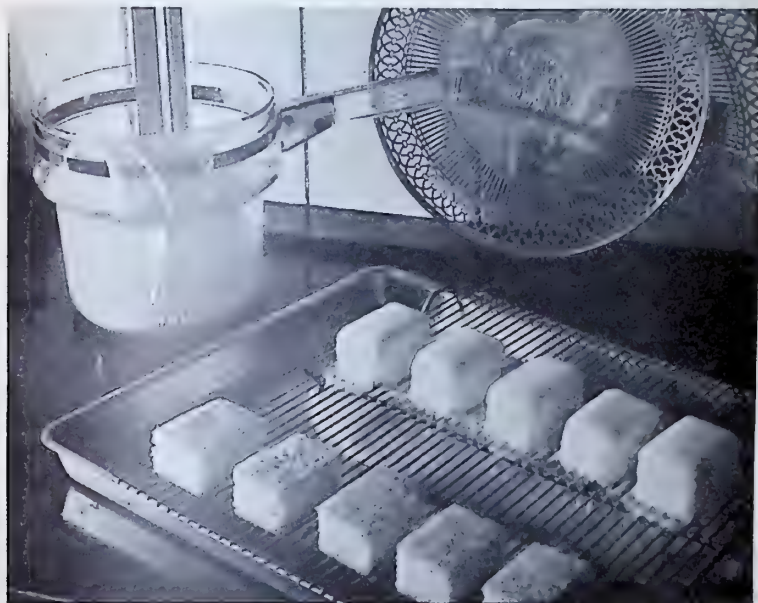
Bake Cream Sponge Cake (p. 629), Angel Cake (p. 631), Prize Cake (p. 633), or Newport Pound Cake (p. 641) in shallow pan. Cool and cut in strips  $1\frac{1}{4}$  inches thick. Cut in rectangles or triangles. Arrange cakes in rows on a cake cooler with a fine mesh, allowing plenty of space between the pieces of cake. Have spotlessly clean marble or enamel table or pan beneath cake cooler.

Heat Petits Fours Frosting (p. 653) over hot water until thin enough to pour. Start pouring over a row of cakes *onto the table or*



*pan*, moving steadily to end of row and then back over them. Lift cake cooler gently, then move it back and forth to loosen the dripping frosting. Scrape up frosting on the table, reheat over hot water, and use for other cakes. Let cakes dry, and then remove from cooler with small spatula, and trim bottom edges with a sharp knife.

**To Color.** For a series of colors, tint frosting delicately with vegetable coloring and frost one row of cakes, scrape up frosting, reheat, and



*Petits Fours for a Reception or Formal Tea*

add more coloring for next row, etc. The following series may be used: (1) yellow, green, brown (with melted chocolate); (2) white, pink, rose, red; or (3) white, yellow, pale orange, deep orange.

**To Decorate.** Make borders, flowers, or other designs with colored Royal Frosting (p. 654) or Ornamental Frosting (p. 656) put on with pastry bag and tube, or use tiny colored candies, chocolate shot, confectioners' decorations, sliced gumdrops arranged like flowers, nut meats, coconut, or candied fruits, etc.

**PEANUT BUTTER CAKES**

|                                 |                                                  |
|---------------------------------|--------------------------------------------------|
| $\frac{1}{2}$ cup peanut butter | 1 teaspoon vanilla <i>in</i>                     |
| $\frac{1}{3}$ cup butter        | $\frac{3}{4}$ cup milk                           |
| $1\frac{1}{2}$ cups brown sugar | $2\frac{1}{2}$ teaspoons baking powder <i>in</i> |
| 2 eggs                          | $1\frac{7}{8}$ cups pastry <i>or</i> cake flour  |

Cream butters and sugar until light, beat in eggs. Add milk and flour alternately. Bake in cup-cake tins in moderately hot oven (375° F.). Frost with Portsmouth Frosting (p. 652). *Makes 18.*

**COCONUT SNOWBALLS**

Cut Angel Food into small cubes or pull into irregular pieces. Roll in Boiled Frosting (p. 654) or Ice Cream Frosting (p. 655), then in grated coconut. Place on wax paper to dry.

**MOCHA CAKES**

Bake a sponge-cake mixture in sheets. Shape in small rounds and cut in 3 layers. Put layers together with a thin coating of Chocolate Butter Frosting (p. 659). Spread frosting around sides and roll in shredded coconut. Ornament top with frosting forced through pastry bag and tube, using the rose tube. Begin at center of top and coil frosting around until surface is covered. Garnish center of top with a candied cherry.

**ALMOND CAKES**

|                                                  |                           |
|--------------------------------------------------|---------------------------|
| $\frac{1}{2}$ cup butter                         | 2 eggs                    |
| $\frac{3}{4}$ cup sugar                          | $1\frac{1}{3}$ cups flour |
| $\frac{1}{3}$ cup milk                           | 2 teaspoons baking powder |
| 1 cup Jordan almonds, blanched and cut in pieces |                           |

Mix ingredients in order given and bake in cup-cake pans in moderate oven (350° F.). *Makes 24.*

**CHOCOLATE CAKES**

|                            |                             |
|----------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter   | 3 squares chocolate, melted |
| $\frac{1}{2}$ cup sugar    | 1 cup moist bread crumbs,   |
| 3 eggs, beaten until light | packed solidly              |
| 3 tablespoons flour        |                             |

Cream butter, add sugar, eggs, chocolate, bread crumbs, and flour. Spread mixture in shallow buttered pan and bake in moderately slow oven (325° F.). Shape with tiny biscuit cutter and put together in pairs with Boiled Frosting (p. 654) between and on top. *Makes 18.*

**CHOCOLATE VIENNA CAKES**

|                                 |                             |
|---------------------------------|-----------------------------|
| $\frac{3}{4}$ cup butter        | 1 $\frac{1}{2}$ cups flour  |
| $\frac{1}{8}$ cup sugar         | 3 teaspoons baking powder   |
| 5 egg yolks                     | 5 egg whites                |
| 4 squares unsweetened chocolate | Apricot or Orange Marmalade |

Mix ingredients in order given and bake in small tins in moderate oven (350° F.). Remove from tins, cool, take out a small portion of cake from the center of each, and fill cavity with marmalade. Cover tops of cake with Marshmallow Frosting (p. 655) or Boiled Chocolate Frosting (p. 654). *Makes 24.*

**LADY FINGERS**

|                                  |                                |
|----------------------------------|--------------------------------|
| 3 egg whites                     | $\frac{1}{3}$ cup bread flour  |
| $\frac{1}{3}$ cup powdered sugar | $\frac{1}{8}$ teaspoon salt    |
| 2 egg yolks                      | $\frac{1}{2}$ teaspoon vanilla |

Beat egg whites until stiff but moist, add sugar gradually, and continue beating. Add egg yolks, beaten until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Bake in lady-finger tins or shape 1 X 4 $\frac{1}{2}$  inches on a cooky sheet covered with unbuttered paper, using pastry bag and plain hole tube. Sprinkle with powdered sugar and bake 12 minutes in moderate oven (350° F.). Remove from paper with knife. Use for lining molds to be filled with whipped cream mixtures, serve with frozen desserts, or put together in pairs with a thin coating of whipped cream between.

**Sponge Drops.** Drop mixture from tip of spoon on unbuttered paper. Sprinkle with powdered sugar and bake 12 minutes in moderate oven (350° F.).

**LEMON QUEENS**

|                                 |                                     |
|---------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup butter        | 2 egg yolks                         |
| $\frac{1}{2}$ cup sugar         | $\frac{5}{8}$ cup flour             |
| Grated rind $\frac{1}{2}$ lemon | $\frac{1}{4}$ teaspoon salt         |
| 1 teaspoon lemon juice          | $\frac{1}{8}$ teaspoon soda (scant) |
| 2 egg whites                    |                                     |

Cream butter, add sugar gradually, and continue beating. Add grated rind, lemon juice, and egg yolks beaten until thick and lemon-colored. Mix and sift soda, salt, and flour; add to first mixture and beat thoroughly. Add egg whites beaten stiff. Bake 20 to 25 minutes in small tins in moderate oven (350° F.). *Makes 18.*

**SALTINA MARGUERITES**

|                           |                                |
|---------------------------|--------------------------------|
| $1\frac{1}{2}$ cups sugar | 2 tablespoons shredded coconut |
| $\frac{1}{2}$ cup water   | $\frac{1}{4}$ teaspoon vanilla |
| 5 marshmallows            | 1 cup English walnut meats     |
| 2 egg whites              | Saltines                       |

Boil sugar and water until sirup will thread. Add marshmallows cut in pieces. Pour on egg whites beaten until stiff; add coconut, vanilla, and nut meats. Spread saltines with mixture and bake until delicately browned.

**MARSHMALLOW TEAS**

|              |                            |
|--------------|----------------------------|
| Marshmallows | Unsweetened wafer crackers |
| Butter       | Candied cherries, halved   |

Place 1 marshmallow on each cracker. Make deep impression in each and put in  $\frac{1}{4}$  teaspoon butter. Bake until marshmallows spread and nearly cover crackers. Put piece of cherry in each cavity.

## CHAPTER 32

# *Sandwiches*

**Bread for Sandwiches.** Use white, graham, Boston Brown, rye, or nut bread, preferably 24 hours old. To cut fresh bread more easily, chill (wrapped tightly) in refrigerator several hours. If whole loaf is to be used, cut off crusts before slicing. Save crusts, cut in strips, butter generously, and toast in oven to serve with soup.

**Creamed Butter.** Let stand, covered, in room temperature for 10 minutes or more. Work with wooden spoon until soft or beat in electric beater until light and fluffy.

**To Keep Sandwiches.** Wrap in wax paper or cloth. If cloth is used, dampen half of it, fold, and put dry part next to sandwiches. Keep in refrigerator in covered receptacle.

### FILLED BISCUITS

Make small baking powder biscuits (p. 86). Split and butter. Put together with deviled ham spread, shaved maple sugar, halved and sugared strawberries, jam, chopped chicken moistened with gravy or cream sauce (hot), thin slice of cheese, etc. Serve hot.

### PLAIN SANDWICHES

Spread slices sparingly with creamed butter before cutting from loaf. Slice thin and spread half the slices with prepared filling, having filling go well to edges and corners. Cover with remaining slices and press gently together. Remove crusts, if desired. Cut in squares, strips, oblongs, triangles, diamonds, rounds, or other fancy shapes.

### OPEN SANDWICHES or CANAPÉS

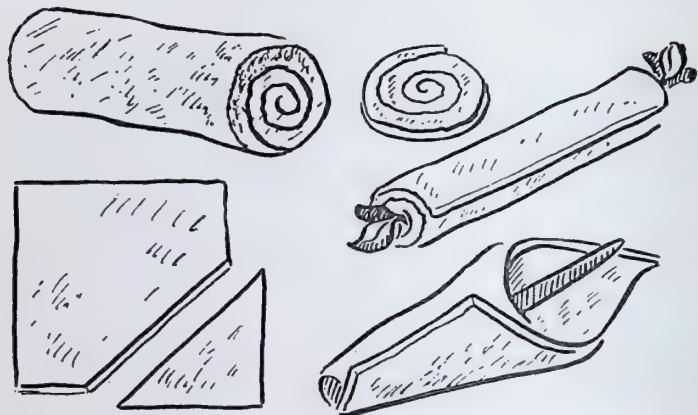
Spread slice of bread (cut in desired shapes) with creamed butter, then with filling. Decorate with nut meat, bit of cherry or watercress, slice of stuffed olive, chopped nuts, etc.

See p. 148 ff. for special canapé recipes.



## CALLA LILY SANDWICHES

Cut 2-inch squares of bread. Cut off piece of corner as in drawing below. Butter. Fold to represent calla. Tuck in stamen made of bit of process cheese rolled in fingers. Chill.



*Two Kinds of Rolled Sandwiches and a Calla Lily*

## ROLLED SANDWICHES I

Spread thin slices of very fresh, fine-grained bread with creamed butter or other filling, such as seasoned cream cheese, mushroom filling, etc., roll, fasten with toothpicks, and chill. Remove toothpicks before serving. Tuck a sprig of parsley, mint, or watercress in end of sandwiches as garnish. These sandwiches may be brushed with melted butter and toasted. Cut in half, if preferred.

**Asparagus Rolled Sandwiches.** Wrap slices of buttered bread tightly around small asparagus tips, letting tip show.

**Dill Pickle Rolls.** Wrap slice of buttered bread around dill pickle. Chill thoroughly. Cut in slices.

**Watercress Rolls.** Fill with watercress, letting a few leaves show at each end.

## ROLLED SANDWICHES II

Cut slice lengthwise of loaf, spread with creamed butter and filling, roll like Jelly Roll, wrap tightly in dry towel, then in slightly moist one, and put in cold place. When ready to serve, cut in thin slices.

**MOSAIC or CHECKERBOARD SANDWICHES**

Cut 3 slices each of white and graham bread  $\frac{1}{2}$  inch thick. Spread a slice of white bread with creamed butter and place a slice of graham on it; spread this with creamed butter and place on it a slice of white bread; repeat this process, beginning with a slice of graham.



*Checkerboard Sandwiches for Children or the Tea Tray*

Put both piles in a cool place under a light weight. When butter has become firm, trim each pile evenly, and cut each pile in 3 half-inch slices. Spread these with butter and put together in such a way that a white block will alternate with a graham one. Chill under light weight. When butter is perfectly hard, cut in thin slices.

**FLOWER SANDWICHES**

Butter rounds or oblongs of bread. Arrange on each a flower design made of (1) whole shrimp with stem and leaves of narrow strips of green pepper or (2) pimiento flowers with watercress leaves.

**RIBBON SANDWICHES**

Put three or more slices of bread together with creamed butter or other soft filling. Have bread  $\frac{1}{4}$  inch thick. Wrap tightly in damp cloth and press under weight. Cut in  $\frac{1}{4}$ -inch slices just before serving. Use all white bread or alternate slices of white and dark bread.

**Chicken and Ham.** Use chopped ham highly seasoned and moistened with cream, chopped fowl moistened with Mayonnaise, and chopped nut meats moistened with Mayonnaise.

**Pepper.** Chop red and green peppers separately very fine. Wring in cheesecloth. Moisten with Mayonnaise. Use in alternate layers.

**Tongue and Gruyère.** Use brown and white bread alternately. Fill layers alternately with cold-boiled tongue and Gruyère cheese.

**FRENCH-FRIED SANDWICHES**

Make sandwiches with filling of sliced chicken or chopped chicken or ham, cheese, etc. Press slices firmly together. Beat 1 egg slightly, add 1 cup milk, and dip sandwiches in mixture. Fry in deep fat (or sauté in butter). Serve with garnish of crisp bacon.

**TOASTED SANDWICHES**

Spread sandwiches with filling but no butter. Brush outside with melted butter and toast in broiling oven or sauté in butter in heavy frying pan or on table grill. Make plain or Rolled Sandwiches II (p. 692).

**Fillings**

**Cream Cheese.** Moisten with French Dressing and sprinkle with chopped pecan nut meats. (Use graham bread.)

**Chopped Chicken.** Moisten with cream, stock, or gravy.

**Mushrooms.** Chop, dredge lightly with flour, sauté in butter, and moisten with cream. Season with salt, pepper, few grains nutmeg, and paprika.

**Orange Marmalade.**

**TOASTED CHEESE SANDWICHES**

Lay thin slices of mild cheese on half the slices of bread. Put in broiler until cheese begins to melt. Cover with slices of bread. Spread with soft butter, toast, turn, spread other side, and toast.

For open toasted cheese sandwiches, toast bread on one side, arrange cheese on untoasted side, sprinkle with paprika and, if desired, with bits of uncooked bacon and rings of sweet onion and toast in broiler until cheese melts.

**OPEN CHEESE AND BACON SANDWICH**

3 eggs, beaten until light  
 $\frac{3}{4}$  pound soft cheese, grated *or*  
put through food chopper  
 $1\frac{1}{2}$  teaspoons table sauce  
 $\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon paprika  
Few grains cayenne  
8 slices bread,  $\frac{1}{3}$  inch thick  
 $\frac{3}{4}$  pound bacon, in very thin slices,  
length of slice of bread

Combine first 6 ingredients and mix well. Spread on bread. Make bacon still thinner by pressing each strip on board with broad knife or cut in tiny squares. Cover cheese with bacon and bake 8 to 10 minutes under gas flame, or in hot oven.

**CLUB SANDWICH I**

Butter fresh toast, arrange on it a piece of lettuce spread with Mayonnaise, a thin slice of chicken or turkey, and a thin slice of cooked bacon. Cover with second piece of toast and repeat. Cover with toast and cut in half or quarters diagonally. Garnish with pickles and sliced tomatoes or put sliced tomatoes in sandwiches.

**CLUB SANDWICH II**

Arrange lettuce leaves on 4 triangles of toast. Cover alternate pieces with thin slices of cooked chicken; cover other pieces with slices of tomato and cooked bacon. Garnish with stiff Mayonnaise put through a pastry bag and tube.

## SANDWICH FILLINGS

*(Special recipes are given for the more elaborate ones)*

**Creamed butter**, plain or seasoned with Anchovy Sauce, honey, grated horse-radish, or mixed with canned pimiento, drained and forced through purée strainer, or equal amount of Roquefort cheese

**Carrot**, raw, grated, mixed with Mayonnaise on lettuce

**Caviare**, sprinkled with lemon juice and salt

**Cream cheese**, seasoned, plain, moistened with Mayonnaise, French Dressing, or cream, or mixed with

Honey and grated orange rind (1 tablespoon, each, to small package cream cheese)

Black walnut meats, coarsely cut, or coconut or Deviled Almonds (p. 219) sprinkled thickly on cheese (open sandwich)

Finely chopped chicken or ham

Chopped olives or nut meats or a combination of both

Canton ginger, chopped

Crushed pineapple and chopped pecan nut meats

Watercress, chopped or in sprays

Strawberry jam spread on the cheese

Guava jelly spread on the cheese

**Gruyère cheese**, grated, mixed with chopped walnut meats, and seasoned with salt and cayenne

**Swiss cheese**, sliced, dotted with prepared mustard. (Use rye bread)

**Cucumbers**, chopped and moistened with Mayonnaise or cut in thin rounds

**Dates**, chopped and moistened with orange juice

**Hard-cooked eggs**, finely chopped, mixed with

Mayonnaise, Cream Dressing or melted butter

Chopped pickle and salad dressing

Soft butter and seasoned with anchovy paste

Chutney

**Preserved Canton ginger** in thin slices

**Lettuce**, cut in strips with scissors. Season with small amount of Mayonnaise

**Lobster**, chopped and seasoned with salad dressing or cayenne, mustard, and lemon juice. Use on lettuce if desired



**Orange marmalade.** Especially good with nut bread

**Sardines**, skinned, boned, and mashed to a paste. Mix with equal quantity hard-cooked egg yolks, rubbed through a sieve. Season with salt, cayenne, and few drops lemon juice. Moisten with olive oil or melted butter

**Cold meat**, thinly sliced, such as Ham, Beef, Chicken, Tongue, etc.

**Cold meat**, chopped, such as

Ham, moistened with Tartare Sauce (p. 239)

Chicken, moistened with Mayonnaise, Cream Dressing, or Chicken Stock

**Peanuts**, finely chopped and seasoned with salt on Steamed Brown Bread

**Peanut butter**, plain or moistened with salad dressing. Sprinkle lightly with sugar

**Cooked salmon**, flaked and mixed with chopped cucumber or pickle, or both, and Mayonnaise

**Shrimp**, mashed with fork and seasoned to taste with French Dressing or Mayonnaise or both. Shrimp may be mixed with equal quantity of cream cheese

**Tomatoes**, sliced, drained, and salted or dipped in French Dressing with or without Mayonnaise (open or closed sandwich)

**Tomato Jelly** (p. 492), cut in pieces to fit sandwiches

**Watercress**, sprinkled with salt or chopped and mixed with Mayonnaise

## CHEESE AND ANCHOVY FILLING

Cream 2 tablespoons butter, add  $\frac{1}{4}$  cup grated mild cheese and 1 teaspoon vinegar. Season with salt, paprika, mustard, and Anchovy Sauce.

## CHICKEN AND ALMOND FILLING

Combine 1 cup chopped cooked chicken,  $\frac{1}{4}$  cup chopped blanched almonds and  $\frac{1}{2}$  cup finely chopped celery. Moisten with Mayonnaise and season to taste with lemon juice, salt and paprika.

**CHICKEN CREAM SANDWICH FILLING**

|                                        |                               |
|----------------------------------------|-------------------------------|
| $\frac{3}{4}$ cup chopped, cooked fowl | 2 tablespoons butter          |
| $\frac{1}{4}$ cup chopped celery       | 2 egg whites                  |
| 1 hot boiled onion                     | $\frac{1}{2}$ teaspoon salt   |
| 1 cup milk                             | $\frac{1}{8}$ teaspoon pepper |
| 3 tablespoons flour                    | Lemon juice                   |

Mix fowl (preferably white meat), celery, and onion forced through purée strainer, and add milk; then add flour mixed with butter worked until creamy. Bring to boiling point and simmer 3 minutes; add egg whites beaten until stiff and seasonings. Turn into small mold and let stand in cold place 12 hours. Remove from mold and cut in slices.

**CHICKEN AND HAM SANDWICH FILLING**

|                                                  |                                              |
|--------------------------------------------------|----------------------------------------------|
| $\frac{1}{3}$ cup butter                         | $\frac{1}{2}$ cup finely chopped, cooked ham |
| $\frac{1}{2}$ cup finely chopped, cooked chicken | Salt and paprika                             |

Cream butter, add chicken and ham. Season to taste.

**CHICKEN SANDWICHES, POULETTE**

Toast bread lightly. Arrange in shallow baking dish. Put slices of cooked chicken or turkey on toast. Pour over Poulette Sauce (p. 226). Sprinkle with grated Parmesan cheese. Brown under broiler. If desired, add a few sautéed mushrooms.

**LIVER SAUSAGE SANDWICH FILLING**

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| $\frac{1}{2}$ pound liver sausage | 3 tablespoons Mayonnaise              |
| 1 small cream cheese              | $\frac{1}{2}$ teaspoon chopped chives |
| 3 hard-cooked eggs, chopped       | Salt, pepper                          |

Remove skin from sausage. Add other ingredients. Cream thoroughly. Add more Mayonnaise, if needed, to spread easily.

**LOBSTER AND EGG SANDWICH FILLING**

Mix an equal quantity of finely chopped lobster meat and the yolks of hard-cooked eggs forced through a sieve. Moisten with melted butter and season with prepared mustard, beef extract diluted with a very small quantity of boiling water, and salt.

**SALMON SANDWICH FILLING**

|                                         |                               |
|-----------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup cooked salmon, flaked | 1 tablespoon cucumber pickle, |
| White of 1 hard-cooked egg,             | chopped fine                  |
| chopped fine                            | Salt and paprika              |
| Cream Dressing (p. 470)                 |                               |

Mix salmon, egg white, and pickle. Season. Moisten with dressing.

**SHRIMP AND CHICKEN LIVER SANDWICH FILLING**

|                                                   |                             |
|---------------------------------------------------|-----------------------------|
| $\frac{1}{2}$ cup cooked <i>or</i> canned shrimps | $\frac{1}{2}$ Bermuda onion |
| $\frac{1}{2}$ cup cooked chicken livers           | Salt                        |
| $\frac{1}{2}$ red pepper                          | Mayonnaise                  |

Mix and force through food chopper shrimps, livers, pepper (from which seeds have been removed), and onion. Season with salt and moisten with Mayonnaise.

**SPANISH SANDWICH FILLING**

|                      |                                    |
|----------------------|------------------------------------|
| 2 anchovies          | 1 teaspoon prepared mustard        |
| 2 pickles            | 2 tablespoons salad oil            |
| 1 sprig parsley      | 2 tablespoons vinegar              |
| 3 tablespoons capers | 2 hard-cooked eggs, finely chopped |
| Salt and paprika     |                                    |

Pound first 7 ingredients in mortar. Add eggs and season.

**GINGER PECAN SANDWICH FILLING**

|                                                  |                                      |
|--------------------------------------------------|--------------------------------------|
| $\frac{1}{4}$ cup finely chopped Canton ginger   | 2 tablespoons finely cut orange pulp |
| $\frac{1}{4}$ cup finely chopped pecan nut meats | 1 tablespoon ginger sirup            |
|                                                  | 1 teaspoon vinegar                   |
|                                                  | Few grains salt                      |

Mix ingredients in order given.

**PRUNE SANDWICH FILLING**

|                                            |                                |
|--------------------------------------------|--------------------------------|
| 6 French prunes, stoned and finely chopped | $\frac{1}{4}$ cup sugar        |
| 7 walnut meats, chopped                    | $\frac{1}{4}$ cup water        |
|                                            | Salt, paprika, and lemon juice |

Boil sugar and water 5 minutes and use enough to moisten prunes and nuts mixed together. Season to taste.

## CHAPTER 33

# Nuts and Confections

Measure flavors with medicine droppers, as delicacy is essential with candies. Candies containing milk, cream, butter, chocolate, or molasses boil up high and should be cooked in kettles 3 or 4 times larger than volume of ingredients. Aluminum is the best container to use for candy making.

A candy thermometer which registers up to 320° F. is a great aid in obtaining accurate and uniform results in making candy. Test accuracy of thermometer in boiling water; it should register 212° F.

Place thermometer in water and bring to boiling point, then transfer to sugar sirup, to avoid heating it too suddenly. When removing thermometer from candy, place immediately in very hot water and allow it to cool slowly.

### CANDY TESTS AND TEMPERATURES

| DESCRIPTION *                            | TEMPERATURE †      | USE                        |
|------------------------------------------|--------------------|----------------------------|
| Soft ball (flattens out) . . . . .       | 234° F. to 238° F. | Fudges                     |
| Medium soft ball (holds shape) . . . . . | 238° F. to 240° F. | Fondant                    |
| Firm ball . . . . .                      | 244° F. to 250° F. | Caramels                   |
| Hard ball (chewy) . . . . .              | 250° F. to 270° F. | Taffy, etc.                |
| Firm crack . . . . .                     | 290° F. to 300° F. | Butterscotch, toffee, etc. |
| Hard crack . . . . .                     | 295° F. to 310° F. | Brittles                   |
| Caramel or burnt sugar . . . . .         | 315° F. to 338° F. | Flavoring, coloring        |

\* To test in water, dip small quantity into cup of cold water and shape with fingers. Stop cooking during testing.

† Boil a degree or two higher in summer or humid weather. If sirup contains corn sirup, boil to higher temperature than if sugar is the only sweetening.

### TO GRATE COCONUT

Force holes through "eyes" of coconut and drain milk. Heat coconut in moderate oven 20 minutes. Cool, remove shell and grate.

### TO BLANCH NUTS

*Almonds, pistachio nuts, and English walnuts.* Shell and cover with boiling water, let stand two minutes. Drain, put in cold water, rub off skins, and dry on towel.

*Filberts.* Shell and cover with boiling water, let stand six minutes, drain, remove skins with sharp vegetable knife.

*Brazil nuts.* Heat thoroughly in slow oven before cracking.

*Butternuts.* Cover whole nuts with boiling water. Let stand 10 minutes before cracking.

### TO TOAST NUTS

*(Almonds, Filberts, Peanuts, Walnuts, or Pecans, etc.)*

Blanch almonds and filberts. Use raw peanuts and remove skins. Use whole pecan or walnut meats, etc.

1. For each cup of nuts, heat, in small frying pan,  $\frac{1}{2}$  cup olive oil, or butter. Put in enough nut meats at a time to cover bottom of pan and stir until delicately browned. Remove with spoon or small skimmer, taking up as little oil as possible. Drain on brown paper. Avoid cooking nut meats (especially pecans) too long, as they darken after being removed from fat.

2. Sprinkle nuts with olive oil. Brown in hot oven (400° F.), stirring occasionally.

### TO SALT NUTS

Sprinkle toasted nuts, while still hot, with salt.

### SUGARED ALMONDS

|                                       |                                 |
|---------------------------------------|---------------------------------|
| $\frac{1}{2}$ pound almonds, blanched | 1 teaspoon vanilla              |
| 1 cup sugar                           | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{2}$ cup water               |                                 |

Cook sugar and water 5 minutes in heavy iron frying pan, add nuts, and cook and stir until sirup begins to look white and slightly sugared. Add flavorings and set pan aside 10 minutes. Set over low heat on asbestos mat and stir constantly until sugar starts to melt. Pour on cake cooler over wax paper. Separate to dry.



**SPICED NUTS**

|                                                                    |                                                                                           |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 1 cup nut meats (almonds, pecans,<br>English walnuts, Brazil nuts) | 1 tablespoon cinnamon, if liked<br>$\frac{1}{8}$ teaspoon, each, ground cloves,<br>nutmeg |
| $\frac{1}{4}$ cup sugar                                            |                                                                                           |
| 1 egg white, slightly beaten                                       |                                                                                           |

Mix spices and sugar in small bowl. Add nut meats to egg white, a few at a time, and rub between fingers to coat thoroughly. Toss into bowl of sugar and spices. Completely coat, place on buttered cooky sheet. Bake in slow oven (300° F.) 30 minutes.

**STUFFED DATES**

Wash and stone. Stuff with any of the following and roll in powdered or granulated sugar or shake (4 to 6 at a time) in paper bag containing  $\frac{1}{4}$  cup sugar. One teaspoon cinnamon may be mixed with sugar.

- English walnut meats, broken in pieces
- Pecan nut meats, broken in pieces
- Salted almonds
- Brazil nuts, skinned
- Candied ginger, cut fine
- Candied pineapple, cut fine
- Fondant (p. 714)
- Peanut butter mixed with orange juice
- Marshmallow, quartered. Dip cut edge in coconut

**STUFFED FIGS**

Do not use pressed figs. Wash, dry, make an opening in each, stuff with chopped salted almonds, half a marshmallow, and an English walnut meat, broken in pieces, or maraschino cherries and pecan nut meats. Roll in granulated sugar.

**STUFFED PRUNES**

Wash, stone, and stuff with stoned prunes or dates, chopped nuts, or Fondant (p. 714). Roll in sugar. Prunes may be steamed until tender before stuffing.

**FRUIT BARS**

1 cup figs      1 cup dates      2 cups English walnut meats

Stem figs, stone dates, mix with nuts, and put through food chopper. Mix thoroughly and press firmly  $\frac{3}{4}$  inch thick in buttered pan. Cut in squares or shape in balls. Roll in powdered sugar.

**FRUIT ROLL**

$\frac{3}{4}$  cup raisins       $\frac{1}{4}$  cup walnut meats      Few grains salt

Wash raisins, dry, put through food chopper with nuts. Mix well, salt to taste, and shape in small roll. Slice.

**CHOCOLATE DOMINOES**

$\frac{1}{2}$  cup pecan nut meats       $\frac{1}{2}$  cup dates  
 $\frac{1}{2}$  cup English walnut meats      Grated rind 1 orange  
 $\frac{1}{2}$  cup figs      1 tablespoon orange juice  
1 square chocolate, melted

Mix nut meats, figs, and dates, and force through food chopper, or chop finely. Add remaining ingredients, toss on board sprinkled with powdered sugar, and roll  $\frac{1}{8}$  inch thick. Cut in domino shapes, spread thinly with melted chocolate, and decorate with small pieces of blanched almonds to imitate dominoes. *Makes 2 pounds.*

**POPCORN**

One-half cup popcorn yields  $1\frac{1}{2}$  quarts when popped.

Put corn in popper, shake over low heat until kernels begin to pop. Shake rapidly until popping stops, and remove from fire. Sprinkle with salt.

**Buttered Popcorn.** Melt 3 tablespoons butter in large saucepan, add corn, and stir until thoroughly coated. Sprinkle with salt.

**Sugared Popcorn.** Melt 2 tablespoons butter in pan. Add  $1\frac{1}{2}$  cups brown sugar and  $\frac{1}{3}$  cup water. Boil 16 minutes or to the soft-ball stage ( $238^{\circ}$  F.). Pour over corn and stir until every kernel is well coated with sugar.

**CORN BALLS**

|                           |                                    |
|---------------------------|------------------------------------|
| 5 quarts popped corn      | $\frac{1}{2}$ cup white corn sirup |
| 2 cups sugar              | $\frac{1}{3}$ teaspoon salt        |
| $1\frac{1}{2}$ cups water | 1 teaspoon vinegar                 |
| 1 tablespoon vanilla      |                                    |

Put perfect kernels in large pan. Boil sugar, water, and corn sirup without stirring to 260° F., or until it cracks when tried in cold water. Add vinegar, salt, and vanilla and boil to 264° F. Pour slowly over corn, stirring and turning with a spoon to coat each kernel evenly. Make into balls, let stand in cold place until brittle. Wrap in wax paper.

**MOLASSES CORN BALLS**

|                             |                         |
|-----------------------------|-------------------------|
| 3 quarts popped corn        | $\frac{1}{2}$ cup sugar |
| 1 cup molasses              | 1 tablespoon butter     |
| $\frac{1}{2}$ teaspoon salt |                         |

Pick over corn, discarding hard kernels, put in large pan, and sprinkle with salt. Melt butter and add molasses and sugar. Boil until mixture will become brittle when tried in cold water (270° F.). Pour mixture gradually, while stirring constantly, over corn. Shape into balls, using as little pressure as possible. Wrap in wax paper.

**CANDIED ORANGE PEEL**

Remove peel from 4 oranges in lengthwise sections, cover with cold water, bring to boiling point, and cook slowly until soft. Drain, remove white part with spoon, and cut peel in thin strips with scissors. Put 1 cup sugar,  $\frac{1}{2}$  cup water, 2 tablespoons corn sirup, and peel in saucepan. Cook peel slowly until clear (230° F.). Drain in a coarse sieve. Cool on plate, roll in granulated sugar. If drier product is desired, omit corn sirup.

**Chocolate Dipped Orange Peel.** Do not roll in sugar, but dip, separately, in melted coating chocolate. Dry on wax paper.

**CANDIED GRAPEFRUIT PEEL**

Wipe 3 grapefruit and remove peel in 6 sections lengthwise of fruit. Soak overnight in 1 quart cold water to which has been added 1 tablespoon salt. Drain, cover with cold water, bring to

boiling point, and boil 20 minutes. Repeat 3 times and cook in the last water until soft (about 4 hours). Drain and cut in strips  $\frac{1}{8}$  inch wide. Weigh peel, put an equal weight of sugar in saucepan, and add half as much water and 2 tablespoons corn sirup. Bring to boiling point, add peel, cover, and cook until clear or to 230° F. Remove to plate, taking up as little sirup as possible. Cool, roll each piece in powdered sugar, and spread out to dry. Store in glass jars. If drier product is liked, omit corn sirup.

### CRYSTALLIZED MINT LEAVES

Wipe fresh mint leaves, remove from stems, and brush each leaf with egg white beaten until stiff. Dip in  $\frac{1}{3}$  cup granulated sugar flavored with 5 drops oil of spearmint. Place closely together on a cake rack covered with paraffin paper and let stand in slow oven until dry. If the leaves are not thoroughly coated, the process may be repeated.

### FRENCH NOUGAT

1 cup confectioners' sugar       $\frac{1}{4}$  pound almonds, finely chopped

Melt sugar in heavy pan, stirring constantly. Add nuts and pour on oiled marble slab. Fold mixture as it spreads with a broad-bladed knife, keeping it constantly in motion. Divide in 4 parts, and as soon as cool enough to handle, shape in long rolls about  $\frac{1}{3}$  inch in diameter, keeping rolls in motion until almost cold. When cold, hold roll over the sharp edge of a broad-bladed knife and snap in pieces  $1\frac{1}{2}$  inches long. *Makes 20 pieces.*

**Dipped French Nougat.** Melt confectioners' chocolate over hot water, beat with fork until light and smooth, and when slightly cooled, dip pieces in chocolate. With a two-tined fork or bonbon dipper remove from chocolate to oiled paper, drawing dipper through top of each the entire length, thus leaving a ridge.

### NUT BAR

Cover bottom of buttered, shallow pan with  $1\frac{1}{3}$  cups nut meats (Brazil nuts, English walnuts, or almonds) cut in quarters. Pour over 2 cups sugar, melted as for Peanut Brittle II. Mark in bars.

**PEANUT BRITTLE I**

|                              |                       |
|------------------------------|-----------------------|
| 1½ cups shelled, raw peanuts | ½ cup corn sirup      |
| ¼ teaspoon salt              | ½ cup water           |
| 1 cup sugar                  | 1½ tablespoons butter |
| ½ teaspoon lemon extract     |                       |

Sprinkle nuts with salt and warm in oven. Put sugar, corn sirup, and water in pan, stir until it begins to boil, wash down sides with wet pastry brush, and cook to 295° F. or until mixture is very brittle when tried in cold water. Add butter, flavoring, and nuts, pour into shallow, buttered pan. As soon as it can be handled, turn the mass over and pull and stretch it out as thin as possible. Break in irregular pieces.

**Nut Brittle.** Use almonds, Brazil nuts, or English walnuts, or a combination of nuts.

**PEANUT BRITTLE II**

|              |                                |                 |
|--------------|--------------------------------|-----------------|
| 2 cups sugar | 1 cup chopped, roasted peanuts | Few grains salt |
|--------------|--------------------------------|-----------------|

Melt sugar in heavy pan, stirring constantly until it is a thin sirup. Add nuts and salt. Stir until well coated and spread thinly in greased pan. When nearly cold, mark in squares. *Makes 1 pound.*

**Charleston Benne Candy.** Use benne seed in place of peanuts. Toast in heavy frying pan a few minutes before adding to brittle.

**PEANUT MOLASSES CANDY**

|                      |                 |
|----------------------|-----------------|
| 3 tablespoons butter | ⅔ cup sugar     |
| 2 cups molasses      | 1 quart peanuts |
| ½ teaspoon salt      |                 |

Melt butter, add molasses and sugar, and boil to 256° F. or until mixture becomes brittle when tried in cold water. Stir in peanuts (shelled, skinned, separated in halves, and sprinkled with salt). Turn into buttered pan, cool slightly, and mark in squares. *Makes 2 pounds.*

**COCONUT CAKES**

|                             |                          |
|-----------------------------|--------------------------|
| 2 cups fresh grated coconut | 2 tablespoons corn sirup |
| 1 egg white                 | 7 tablespoons sugar      |

Cook coconut, corn sirup, and sugar in double boiler until mixture clings to spoon. Add egg white, stir vigorously, and cook until mixture feels sticky when tried between the fingers. Spread in a wet pan, cover with wet paper, and chill. Shape in small balls,



first dipping hands in cold water. Arrange on slightly heated cooky sheet greased with white wax, paraffin, or olive oil. Bake 20 minutes in slow oven (300° F.). *Makes 20.*

### CHOCOLATE COCONUT CAKES

|                                    |                                               |
|------------------------------------|-----------------------------------------------|
| 2 squares chocolate                | $\frac{1}{2}$ pound coconut or 4 cups (about) |
| $1\frac{1}{2}$ cups condensed milk | 1 teaspoon baking powder                      |

Melt chocolate, add to condensed milk with enough coconut to hold shape. Add baking powder, shape by spoonfuls on buttered cooky sheet. Bake 10 to 15 minutes in moderately slow oven (325° F.).

### GLACÉ FOR NUTS AND FRUITS

|              |                     |                                        |
|--------------|---------------------|----------------------------------------|
| 2 cups sugar | 1 cup boiling water | $\frac{1}{8}$ teaspoon cream of tartar |
|--------------|---------------------|----------------------------------------|

Put ingredients in smooth saucepan, stir, place on range, and heat to boiling point. Wash down sugar which adheres to sides of pan as in making Fondant. Boil without stirring until sirup begins to discolor (310° F.). Remove saucepan from fire and place in larger pan of cold water to stop boiling instantly. Remove from cold water and place in saucepan of hot water during dipping.

**Nuts.** Take blanched nuts separately on long pin or skewer, dip in sirup to cover, remove from sirup, and place on oiled cooky sheet.

**Fruits.** Use white grapes, strawberries, sections of mandarins and oranges, kumquats, candied cherries, etc. Take grapes separately from clusters, leaving a short stem on each grape. Dip in sirup made as for Glacé Nuts, holding by stem with pincers. Remove to oiled tin. Glacé fruits keep only one day. They should only be attempted in cold clear weather.

### STRETCHED MOLASSES CANDY

|                          |                                   |
|--------------------------|-----------------------------------|
| $\frac{1}{2}$ cup butter | 1 cup molasses                    |
| 2 cups sugar             | $1\frac{1}{2}$ cups boiling water |

Melt butter in heavy kettle, add remaining ingredients, and boil to soft-ball stage (234° to 238° F.). Turn into buttered dripping pan and, as mixture cools around sides, fold toward center. When cool enough to handle, pull until porous and light-colored, using tips of fingers and thumbs. While pulling, add a few drops oil of peppermint, wintergreen, cloves, or cinnamon, or  $\frac{1}{2}$  teaspoon vanilla or lemon extract. Cut in small pieces with shears or sharp knife and arrange on slightly buttered plates to cool.

**VELVET MOLASSES CANDY**

|                            |                                        |
|----------------------------|----------------------------------------|
| $\frac{1}{2}$ cup molasses | $1\frac{1}{2}$ tablespoons vinegar     |
| $1\frac{1}{2}$ cups sugar  | $\frac{1}{4}$ teaspoon cream of tartar |
| $\frac{1}{2}$ cup water    | 4 tablespoons melted butter            |
|                            | $\frac{1}{8}$ teaspoon soda            |

Cook molasses, sugar, water, and vinegar in heavy pan, stirring constantly. When boiling point is reached, add cream of tartar. Boil until mixture is brittle when tried in cold water ( $256^{\circ}$  F.). Stir constantly during last part of cooking. When nearly done, add butter and soda. Pour into buttered pan. Finish like Stretched Molasses Candy (p. 707).

**VINEGAR CANDY**

|                      |              |                           |
|----------------------|--------------|---------------------------|
| 2 tablespoons butter | 2 cups sugar | $\frac{1}{2}$ cup vinegar |
|----------------------|--------------|---------------------------|

Melt butter in heavy pan, add sugar and vinegar. Stir until sugar dissolves, wash down sides of pan with pastry brush dipped in cold water. Boil to  $256^{\circ}$  F. or until mixture is brittle when tried in cold water. Pull and cut like Stretched Molasses Candy (p. 707).

**BUTTERSCOTCH**

|                               |                                  |
|-------------------------------|----------------------------------|
| $\frac{1}{2}$ cup corn sirup  | $\frac{1}{3}$ cup butter         |
| $\frac{2}{3}$ cup brown sugar | $\frac{2}{3}$ cup water          |
|                               | $\frac{1}{2}$ tablespoon vanilla |

Put ingredients (except vanilla) in heavy saucepan. Boil without stirring to  $290^{\circ}$  F.; or until candy is very brittle when tried in cold water. Add vanilla, pour into buttered pan, about  $9 \times 13$  inches, cool slightly, and mark in squares.

**AFTER-DINNER MINTS**

|                                 |                                        |
|---------------------------------|----------------------------------------|
| 2 cups sugar                    | $\frac{1}{4}$ teaspoon cream of tartar |
| $\frac{2}{3}$ cup boiling water | 1 teaspoon vinegar                     |
|                                 | Few drops oil of peppermint            |

Mix sugar, water, cream of tartar, and vinegar in pan. Boil without stirring to  $256^{\circ}$  F. or until mixture is brittle when tried in cold water. Pour on oiled marble slab or in shallow tray. Cool, lift (avoiding stirring motion), and pull, keeping grain all one way. Add

flavoring during pulling. When candy is too stiff to pull, stretch into long rope,  $\frac{1}{2}$  inch thick, and cut with scissors into small pieces. Drop into bowl of powdered sugar, stir until well coated. When dry, store in glass jar, cover, and keep in warm place several days before using.

For variety, color with food color and flavor with vanilla, orange, or lemon extract, coffee extract, oil of sassafras, clove or cinnamon, or melted chocolate.

### PEPPERMINTS

$1\frac{1}{2}$  cups sugar       $\frac{1}{2}$  cup boiling water      6 drops oil of peppermint

Put sugar and water in pan, stir until dissolved, boil until sirup spins long thread. Add flavoring, beat until creamy, and drop from tip of spoon on waxed paper. Reheat as mixture becomes too thick.

### CHOCOLATE CREAM PEPPERMINTS

#### *(Uncooked Mixture)*

2 tablespoons hot top milk       $\frac{1}{2}$  tablespoon melted butter  
 $1\frac{1}{2}$  cups confectioners' sugar      3 drops oil of peppermint  
Coating chocolate

Add sugar to milk gradually; then add butter and peppermint. Work until creamy, using the hands. Shape in balls, flatten, and dip in melted chocolate (To Dip Chocolates, p. 716).

### WINTERGREEN WAFERS

1 teaspoon granulated gelatin      3 teaspoons boiling water  
2 teaspoons cold water      Few drops oil of wintergreen  
Confectioners' sugar

Soak gelatin in cold water 5 minutes, dissolve in boiling water, and strain. Add wintergreen, and, gradually, sugar enough to knead. Roll very thin on board dredged with sugar. Shape with small, round cutter or cut in squares or fancy shapes. Let stand until dry and brittle. For variety, color with vegetable coloring and flavor with vanilla, orange, or lemon extract, clove or cinnamon.

**ALMOND BUTTER CRUNCH**

|              |                                                     |
|--------------|-----------------------------------------------------|
| 1 cup butter | $\frac{1}{2}$ pound finely chopped blanched almonds |
| 1 cup sugar  | $\frac{1}{2}$ pound semi-sweet chocolate            |

Toast nuts lightly. Combine butter and sugar. Stir over low heat until sugar melts. Add half the nuts and cook to  $310^{\circ}$  F., stirring occasionally. Pour into lightly buttered pan,  $8 \times 8$  inches. Cool. Heat chocolate over boiling water until partly melted, remove, and stir until melted. Spread half over top, sprinkle with half remaining nuts. Cool, invert, repeat. Cool. Break in small irregular pieces. *Makes about  $1\frac{1}{4}$  pounds.*

**TWENTY-MINUTE FUDGE**

|                              |                                         |
|------------------------------|-----------------------------------------|
| 1 egg, well beaten           | 4 squares chocolate, <i>melted with</i> |
| 3 tablespoons cream          | 1 tablespoon butter                     |
| 1 teaspoon vanilla           | 1 cup chopped walnut meats <i>or</i>    |
| $\frac{1}{4}$ teaspoon salt  | marshmallows cut in pieces, <i>or</i>   |
| 1 pound confectioners' sugar | half each                               |

Mix ingredients in order given. Spread in buttered pan,  $8 \times 8$  inches. Cool and cut in squares. *Makes  $1\frac{1}{2}$  pounds.*

**CHOCOLATE FUDGE**

|                             |                                                 |
|-----------------------------|-------------------------------------------------|
| 2 tablespoons butter        | $\frac{3}{4}$ cup top milk <i>or</i> thin cream |
| 2 cups sugar                | 2 squares chocolate, shaved thin                |
| $\frac{1}{8}$ teaspoon salt | 1 teaspoon vanilla                              |

Cook sugar, salt, milk, and chocolate slowly until chocolate melts, stirring gently. Cook without stirring to  $234^{\circ}$  F. or until mixture forms soft ball when tried in cold water. Remove from heat, add butter, let stand until cool, and add flavoring. Beat with wooden spoon or work with spatula on marble slab until fudge loses its glossy appearance and is thick and creamy. Pour  $\frac{3}{4}$  inch thick in buttered pan, about  $8 \times 4$  inches, and mark in squares. *Makes 18 large pieces,  $1\frac{1}{2}$  pounds.*

For variety, before pouring into pan, add 1 cup nut meats, broken in pieces, or 12 marshmallows cut in pieces.

**With Corn Sirup.** Add 2 tablespoons light corn sirup. Cook to  $238^{\circ}$  F. This mixture is less likely to sugar.

**Fondant Fudge.** Make with corn sirup and double amount of chocolate. When ready to beat, add  $\frac{3}{4}$  cup Fondant (p. 714) and 2 teaspoons vanilla. Beat until fudge loses glossy appearance and can be molded. Pat into pan and cut in squares or shape in  $\frac{3}{4}$  inch balls and roll in chopped nuts or coconut.

**Sour Cream Fudge.** Use sour cream in place of milk. Omit butter.

**Sultana Fudge.** Use  $\frac{1}{2}$  cup milk and  $\frac{1}{4}$  cup molasses. Add  $\frac{1}{2}$  cup nut meats and 2 tablespoons Sultana raisins.

**Penuche.** Use brown sugar. Omit chocolate. Before pouring into pan, add  $\frac{3}{4}$  cup coconut, chopped peanuts, pecans, walnuts, dates, or raisins.

**Double Fudge.** Pour Chocolate Fudge  $\frac{1}{2}$  inch thick in buttered pan. Pour Penuche over top. Cut in squares. Other combinations may be used.

**Peanut Butter Fudge.** Omit chocolate and butter. Add 4 tablespoons peanut butter when ready to beat.

### PEANUT BUTTER MARSHMALLOW FUDGE

|                        |                         |
|------------------------|-------------------------|
| 2 cups sugar           | 1 cup marshmallow fluff |
| $\frac{2}{3}$ cup milk | 1 cup peanut butter     |
|                        | 1 teaspoon vanilla      |

Cook sugar and milk to soft ball ( $234^{\circ}$  F.). Add other ingredients. Mix well and pour into buttered pan about  $9 \times 9$  inches. Cool and cut in squares. *Makes about 2 pounds.*

### VANILLA OPERA FUDGE

|                   |                                        |
|-------------------|----------------------------------------|
| 2 cups sugar      | $\frac{1}{8}$ teaspoon cream of tartar |
| 1 cup heavy cream | $\frac{1}{2}$ teaspoon vanilla         |

Put sugar and cream in pan, stir until it boils, add cream of tartar, and continue as for Chocolate Fudge (opposite). When creamy, cover with damp cloth half an hour, work in vanilla with hands, and press into shallow box lined with wax paper. Cut in squares when hard. For variety, color and flavor differently or add chopped nut meats or candied fruit. *Makes 1 pound.*



**DIVINITY FUDGE**

|                           |                                            |
|---------------------------|--------------------------------------------|
| 1½ cups light brown sugar | 1 egg white, beaten until stiff, but       |
| ½ cup cold water          | not dry                                    |
| 1 teaspoon vinegar        | ½ cup chopped nuts <i>or</i> coconut, etc. |
|                           | ½ teaspoon vanilla                         |

Boil sugar, water, and vinegar to 240° F. or until mixture forms firm ball when tried in cold water. Pour slowly on egg white, beating until creamy. Add nuts and vanilla and drop in lumps on waxed paper or spread in buttered pan and cut in squares.

**VANILLA CARMELS I**

|                        |                                |
|------------------------|--------------------------------|
| 1¾ cups white sugar    | ⅓ cup butter                   |
| 1⅓ cups brown sugar    | 1 cup light cream              |
| ½ cup light corn sirup | 1 cup heavy cream              |
| ¼ pound honey in comb  | ½ cup nut meats, cut in pieces |
|                        | 1 teaspoon vanilla             |

Combine ingredients, except heavy cream, nuts, and vanilla. Include wax with honey. Cook in large, deep pan to 230° F. Add heavy cream. Cook to 248° F. (in summer, 252° F.). Add nuts and vanilla. Pour into buttered pan, 12 × 8 inches. Let stand 12 hours, cut in squares, and wrap in waxed paper. *Makes 2¼ pounds.*

**CHOCOLATE CARMELS I**

|                         |                         |
|-------------------------|-------------------------|
| 3 cups white sugar      | 1 cup heavy cream       |
| ¼ cup honey in comb     | 4 squares chocolate     |
| ⅓ cup butter            | 1 cup nut meats, broken |
| 2 cups light corn sirup | in pieces               |
| 1 cup light cream       | 2 teaspoons vanilla     |

Combine ingredients, except heavy cream, chocolate, nut meats, and vanilla. Include wax with honey. Cook to 230° F. Add heavy cream, cook again to 230° F. Add chocolate, cook to 246° F. (250° F. in summer). Stir often until mixture is heavy. Add vanilla and nuts. Pour into buttered pan, 16 × 12 inches. Let stand 12 hours, cut in squares, and wrap in waxed paper. *Makes about 3½ pounds.*

**VANILLA CARMELS II**

|                  |                    |
|------------------|--------------------|
| 1 cup sugar      | 1½ cups thin cream |
| ⅔ cup corn sirup | 1 teaspoon vanilla |

Put sugar, corn sirup, and ½ cup cream in pan, stir until sugar

dissolves. Boil, stirring gently and constantly, to 234° F., or until mixture forms soft ball when tried in cold water. Add  $\frac{1}{2}$  cup cream, boil as before, and add remaining cream and boil to 244° F. or until mixture forms decidedly firm ball when tried in cold water. Add vanilla. Pour into buttered pan. Cool, cut in squares, and wrap in wax paper. If sugary, return to pan, add more cream, and boil again.

For variety, add, just before pouring into pan, 1 cup coconut, 1 cup nut meats broken in pieces, or 8 figs or  $\frac{3}{4}$  cup raisins cut in pieces. *Makes about 1 pound.*

**Chocolate Caramels II.** Add 3 squares grated chocolate with last half cup of cream.

### PRALINES

|                                     |                             |
|-------------------------------------|-----------------------------|
| 1 $\frac{7}{8}$ cups powdered sugar | 2 cups hickory or pecan nut |
| 1 cup maple sirup                   | meats, cut in pieces        |
|                                     | $\frac{1}{2}$ cup cream     |

Boil sugar, sirup, and cream to 234° F. or until mixture forms soft ball when tried in cold water. Remove from fire, let stand until cool. Beat or work like Chocolate Fudge. Add nuts, drop from tip of spoon on waxed paper, or spread in buttered pan, and cut in squares. *Makes about 1 $\frac{1}{2}$  pounds.*

### NEW ORLEANS PRALINES

|                  |                         |
|------------------|-------------------------|
| 3 cups sugar     | 1 cup dark brown sugar  |
| 1 cup thin cream | 3 cups pecan nut meats, |
| Few grains salt  | broken in pieces        |

Cook sugar, cream, and salt to soft ball (234° F.). When nearly at this point, melt brown sugar in small heavy pan. Add melted sugar and nuts. Cook 2 minutes, stir, and drop from spoon on buttered cooky sheet. *Makes 18.*

### MAPLE CREAMS

|             |                    |
|-------------|--------------------|
| 1 cup cream | 2 cups maple sirup |
|-------------|--------------------|

Boil until a thread forms (234° F.). Cool and beat until thick and creamy. Drop from tip of spoon on waxed paper or spread in buttered pan and cut in squares. Add nuts or raisins, if desired.

**ALMOND PASTE**

|                          |                                |
|--------------------------|--------------------------------|
| 1 pound blanched almonds | 1 cup water                    |
| 1 pound sugar            | $\frac{1}{2}$ cup orange juice |

Grind almonds in meat chopper using finest cutter. Run them through 3 or 4 times until very fine.

Cook sugar and water to 240° F. Mix with chopped almonds. Add orange juice. Stir until creamy, turn onto a slab dusted with confectioners' sugar, let stand until cool. Pack in clean, airtight containers, store in cool, dry place at least one week. Use as needed. *Makes 2 pounds.*

**MARZIPANS**

|                             |                           |
|-----------------------------|---------------------------|
| 1 cup Almond Paste          | 2 tablespoons lemon juice |
| 3 cups confectioners' sugar | 1 egg white               |

Homemade Almond Paste (see above) may be used without further additions. Mix well and shape with fingers to represent miniature apples, peaches, strawberries, vegetables, etc. Brush with vegetable coloring or, if fruit is to be colored all over (apples, berries, etc.), prepare small dish of coloring and dip Marzipans in it, holding them on toothpick. Drain on cake rack. Use cloves for stems. Crystallize. Dip potatoes in sugar and cocoa mixed (do not crystallize). *Makes 2 pounds.*

**To Crystallize.** The brilliant airtight coating adds to the appearance as well as the keeping qualities of Marzipans.

Cook 5 pounds sugar with  $2\frac{1}{2}$  cups water to 223° F. Do not stir after sugar is dissolved. Remove from fire very gently and let stand quietly until perfectly cold. Place candies to be crystallized in a pan in even rows. Pour the cold sirup carefully over the candies with as little agitation as possible. The sirup must completely cover the candy. Allow to stand for at least 8 hours, pour into a sieve, draining off all of the sirup. Place Marzipans on wire rack to dry. They will be covered with a fine white crystal.

**FONDANT**

|              |                           |                                        |
|--------------|---------------------------|----------------------------------------|
| 2 cups sugar | $1\frac{1}{4}$ cups water | $\frac{1}{8}$ teaspoon cream of tartar |
|--------------|---------------------------|----------------------------------------|

Put sugar and water in smooth pan. While cooking, wash down sides of pan with pastry brush dipped in cold water. Bring to boil-

ing point, stirring constantly. Add cream of tartar, cover, and steam 3 minutes. Remove cover, put in thermometer, and boil to 238° F., or until mixture forms soft ball when tried in cold water. Pour on marble slab or shallow tray wiped over with damp cloth. Cool. Scrape and turn mixture toward center with spatula until white and creamy. Knead with hands until perfectly smooth. Cover with cloth wrung out of cold water, let stand half an hour, cut in pieces, store in glass jar, covered with wet cloth or glass cover. Let stand 2 or 3 days before using. *Makes 1 pound.*

**Butter Fondant.** To 1 pound Fondant add 1½ ounces butter and ½ teaspoon vanilla. Knead until creamy.

**Coffee Fondant.** Use very strong black coffee in place of water.

**Cream Mints.** Melt ¾ cup Fondant over hot water, flavor with 1 drop oil of peppermint, wintergreen, clove, or orange. Color as desired. If desired, add 2 tablespoons chopped nuts. Drop from tip of spoon on waxed paper. Dry thoroughly.

**Dipped Walnuts, Pecans, Almonds, etc.** Dip in melted Fondant.

**Maple Fondant.** Use half maple sugar and half white sugar.

**Cream Nut Bars.** Melt, flavor, stir in nut meats cut in pieces, turn in oiled pan, cool, and cut in bars with sharp knife.

## FONDANT (UNCOOKED)

1 egg white

½ tablespoon cold water

¾ teaspoon vanilla

2 cups confectioners' sugar, sifted

Put egg white, water, and vanilla in bowl, beat until well blended, add sugar gradually until very stiff. Knead with hands until smooth. Color and flavor as desired. *Makes 1 pound.*

## MARSHMALLOW MINT BONBONS

Cut marshmallows in halves crosswise and flavor with peppermint, by putting a small wooden skewer in a bottle of oil of peppermint, then on the cut surface of the marshmallow. Arrange in layers in a box, cover, and let stand overnight. In the morning, dip in Fondant flavored with a few drops oil of peppermint.

### BONBONS

Flavor Fondant as desired. Shape in balls or surround pieces of nut meat or candied fruit; leave on board covered with waxed paper until firm and dip.

**To Dip Bonbons.** Melt Fondant over hot water, flavor as desired, and color with food color. Do not allow Fondant to become hot. If too thick, add a few drops cold water. Drop one center at a time into melted Fondant, stir with two-tined fork or candy dipper until entirely covered, lift up and put on waxed paper, and make coil over top of bonbon with dipper or fork. Stir Fondant frequently. Decorate top, if desired, with bit of nut meat, candied fruit, coconut, or ginger.

### CHOCOLATE CREAMS

Dip any Fondant or Fudge center in chocolate.

**To Dip Chocolates.** Room temperature should be about 65° F. Coating chocolate must be used. Melt over hot, not boiling water. Beat gently until chocolate feels a little cooler than hand or registers 80° F. to 85° F. on candy thermometer. Drop a center into the chocolate with bonbon dipper or two-tined fork, move around until covered, remove to oiled paper, drawing fork along top of each to make a ridge.

### SPUN SUGAR

2 cups sugar      1 cup water       $\frac{1}{8}$  teaspoon cream of tartar

Boil without stirring to 310° F. or until sirup spins a very long thread. Place pan immediately in larger pan of cold water to stop boiling, then set in hot water. Color sirup with vegetable coloring if desired. Place wooden bars (broomstick handles) across chairs 3 feet apart. Spread paper on floor beneath. Dip sugar spinner in sirup and wave swiftly back and forth over bars. Gather up spun sugar from time to time, form into nests, or pile on cold dish. If sirup gets sugary, melt over fire for a moment.

Use as garnish for ice cream. Spun sugar softens quickly in warm weather.

One-half teaspoon paraffin helps to retain gloss and hold up sugar.



## APPLETS

|                               |                                                 |
|-------------------------------|-------------------------------------------------|
| 2 cups unsweetened applesauce | $\frac{1}{2}$ cup cold water                    |
| 2 cups sugar                  | $1\frac{1}{2}$ cups nut meats, broken in pieces |
| 2 tablespoons gelatin         | Few drops orange extract                        |
|                               | Confectioners' sugar                            |

Sprinkle gelatin on cold water and let stand. Put applesauce through sieve, add sugar, and cook until very thick ( $240^{\circ}$  F.). Remove from heat, add gelatin, and stir well. Add nuts and flavoring. Pour into buttered pan,  $8 \times 8$  inches, and let stand until firm. Cut in squares and roll in confectioners' sugar. *Makes 2 pounds.*

## QUINCE PASTE

Quinces      Sugar

Boil quinces until very soft. Cool, peel, and put through colander. Weigh and add equal weight of sugar. Cook slowly until mixture is thick enough to follow spoon when stirring (about 30 minutes). Spread  $\frac{1}{2}$  inch thick on platters dipped in cold water. Let stand in cool airy place until dry enough to handle (3 or 4 days). Turn once a day. Cut in squares and roll in granulated sugar. Store in tightly covered box.

**With Nuts.** When nearly thick, add 1 cup almonds, blanched, toasted, and cut in coarse pieces.

## CHAPTER 34

# *Jellies and Fruit Juices*

Perfect jelly is of appetizing flavor; beautifully colored and translucent; tender enough to cut easily with a spoon, yet firm enough to hold its shape when turned from the glass.

| Jelly Faults | Causes                                                                                                                |
|--------------|-----------------------------------------------------------------------------------------------------------------------|
| Soft         | Too much sugar or undercooking                                                                                        |
| Tough        | Too little sugar or overcooking                                                                                       |
| Gummy        | Overcooking or too slow cooking                                                                                       |
| Cloudy       | Overcooking fruit juice or incomplete skimming or delay in pouring into glasses                                       |
| Sugary       | Too much sugar or overcooking before adding sugar                                                                     |
| "Weeping"    | Too much acid in fruit, too little sugar, paraffin heated too high (smoking), or extremes of temperature where stored |
| Moldy        | Delay before sealing with paraffin, paraffin covering loosened, glasses damp or not clean                             |

### Equipment

Scales

Measuring cup or larger measure

Kettle — large enough to hold 4 times volume of juice and sugar

Jelly or candy thermometer (may be omitted)

Long-handled spoon

Ladle

Jelly bag and stand or clean flour or sugar bag or 4 thicknesses of cheesecloth

Paraffin and small covered pot in which to melt it

Jelly glasses and covers

Alcohol and glass for testing pectin content (if necessary)

**To Select Fruit.** Fruits for jelly must be rich in acid and pectin or be combined with others which have the needed elements or else have acid and pectin added. Choose underripe fruit unless pectin is to be added, since pectin and acid content decreases as fruit ripens. The following have sufficient pectin and acid to jell:

|                   |                |              |
|-------------------|----------------|--------------|
| Sour apples       | Gooseberries   | Lemons       |
| Crab apples       | Eastern grapes | Loganberries |
| Sour blackberries | Sour guavas    | Sour oranges |
| Currants (red)    | Grapefruit     | Plums        |
|                   | Sour prunes    |              |

Juices of ripe fruit or fruit naturally deficient in either acid or pectin may be made into jelly by combining with fruit juices high in the required quality, or with extracted pectin, commercial or homemade. Jellies are made with such juices from:

|          |              |                |
|----------|--------------|----------------|
| Apricots | Raspberries  | Unripe pears   |
| Figs     | Rhubarb      | Overripe fruit |
| Peaches  | Strawberries |                |

**To Prepare Fruit.** Pick over. Wash. If to be used without added pectin, discard overripe fruit. Crush berries, currants, and grapes in kettle. Cut other fruits in pieces or slices. Pare pineapple but do not pare or core other fruits, since skin and core are rich in pectin.

**To Extract Juice.** For berries, etc., add 1 cup water to each 5 pounds of prepared fruit, place kettle containing the fruit over another kettle of hot water, and heat at 160° F. or 175° F. until tender (10 to 15 minutes), stirring occasionally. Overcooking causes loss of flavor and breaks down pectin content. For **other fruits**, add cold water barely to cover and boil rapidly in a covered kettle until soft (5 to 10 minutes for soft fruits, 15 to 30 for hard fruits). Strain the juice through jelly bag. For perfectly clear jelly, do not squeeze bag but allow to drip through slowly (overnight, if possible). To obtain larger amount of juice (cloudier), squeeze through bag or make second and third extractions. Pour off clear liquid carefully as sediment settles to the bottom.

**Second Extraction.** Do not squeeze the pulp left in the jelly bag but put it in a saucepan, cover with cold water, stir until thoroughly

mixed, bring slowly to the boiling point, boil 10 to 15 minutes, depending on the condition and quantity of the fruit, and drain again. Add to first extraction or use separately.

A third extraction may be made but use juice separately, since it is not as well flavored or clear as first or second extraction.

### TO MAKE JELLY

**Test juice for pectin**, if there is any doubt of its having a sufficient amount. Pour 3 tablespoons alcohol into glass. Add 1 tablespoon fruit juice. Shake gently. Let stand 1 minute. If solid jelly is formed which can be lifted in one piece with spoon, use 1 cup sugar to each cup juice in making jelly. If large flakes are formed, use  $\frac{3}{4}$  cup sugar to each cup juice. If small flakes are formed, boil juice longer to concentrate pectin. Discard tested jelly.

**Cook** not more than 2 quarts of juice at a time. Use pan 4 times volume of juice and sugar to prevent boiling sirup from overflowing.

Boil rapidly 5 minutes, skimming if necessary. Add sugar, according to test or recipe. Stir only until sugar dissolves.

Boil rapidly until mixture jells ( $220^{\circ}$  F.). Begin testing 5 minutes after adding sugar. Use thermometer or test by spoon test.

**Spoon Test.** Take up spoonful of juice, cool a moment, then pour back into kettle from side of spoon. At first, 2 large drops will form on each side of spoon. When jelly is ready, these drops will come together and "sheet" off the spoon.

When jelly is done, let stand in kettle (without further cooking) and take glasses from boiling water. Skim just before filling glasses.

**Fill Glasses.** Wash glasses and put in a kettle of cold water; heat water gradually to boiling point. When ready to fill, remove glasses, drain, and place on a tray covered with cloth wrung out of hot water. Fill to within  $\frac{1}{4}$  inch of rim.

**Seal and Store.** Melt paraffin in small enamel pitcher or teapot but do not overheat to smoking stage. As soon as glasses are filled, cover with thin layer of paraffin. Set in sunny window and repeat the next day, tilting glasses so that paraffin will cover entire surface. The two layers together should be not more than  $\frac{1}{8}$  inch thick. Put on lids or paper caps. Label, stating kind of jelly and date. Store in cool, dark, dry place free from dust.

**APPLE JELLY**

Porter or Astrachan apples make a delicious-flavored jelly; Gravensteins, a spicy jelly. Pare apples if a light-colored jelly is desired, or use Pearmain, Greenings, or crab apples. Extract juice, measure, heat to boiling point, and add  $\frac{2}{3}$  amount of sugar. Stir slowly but constantly until sugar dissolves. Boil rapidly until mixture reaches jelly stage. Skim, fill glasses, seal, label, and store.

**Crab Apple Jelly.** Leave apples whole or cut in halves. Use 1 cup sugar for each cup of juice.

**Mint Jelly.** Make in small quantities, as its color is apt to fade with time. Use light-colored apples, pared apples, or crab apples. Cook mint leaves with the juice, using 1 cup chopped leaves and stems to 4 cups juice, and strain into glasses. *Or*, flavor to taste with spearmint extract, when jelly is ready to pour into glasses. Color delicately with green vegetable coloring while jelly is boiling.

**Rose Geranium Jelly.** Place a rose geranium or pineapple geranium leaf in each glass as it is being filled with apple jelly. Keep leaf suspended in jelly until jelly is almost cool. *Or* add leaves to boiling sirup and remove before filling glasses.

**Strawberry Jelly.** Extract juice from 5 pounds of red Astrachan apples. Measure and add 1 quart of strawberry juice previously extracted. Add juice of  $\frac{1}{2}$  lemon. Finish as above.

**BEACH PLUM JELLY**

Wash beach plums (red, unripe), pick over, cover with water, heat to boiling point, drain, and add boiling water (not quite enough to cover fruit). Cook until soft, mashing from time to time with potato masher. Extract juice, measure, add 1 cup sugar to each cup juice, boil to jelly stage, skim, fill glasses, etc. (p. 720).

If desired, add crab apple juice (half the amount of extracted plum juice) and proceed as above.

**GUAVA JELLY**

Pick over. Wash and pare fruit. Extract juice (p. 719) and measure. For each quart of juice, add the juice of 1 lime. Add 1 cup sugar for each cup of juice, and cook to the jelly stage. Skim. Fill glasses, seal and label (p. 720).



### CURRENT JELLY

Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable and make a lighter-colored jelly.

Pick over currants but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are all used. Cook slowly until currants look white. Strain through a coarse strainer, then pour into a jelly bag and allow juice to drip. Measure, bring to boiling point, and boil 5 minutes; add  $\frac{2}{3}$  as much sugar as juice, stir until sugar is dissolved, boil rapidly to jelly stage. Skim, fill glasses, cool, seal, label, and store (p. 720).

**Blackberry Jelly.** Use blackberries in place of currants.

**Barberry Jelly.** Pick fruit before frost comes, while some of the berries are still green, to obtain a firm jelly of good flavor.

**Damson Jelly.** Wipe and pick over damson plums. Prick several times with a large pin.

### CURRENT AND RASPBERRY JELLY

Use equal quantities of raspberries and currants. Use about  $2\frac{1}{2}$  quarts or  $3\frac{1}{2}$  pounds of mixed fruit. Wash fruit, leaving on stems of currants. Crush thoroughly, heat slowly while stirring, and bring fruit *just* to boiling point. Extract juice (p. 719) and follow directions for jelly, using  $\frac{2}{3}$  as much sugar as juice (p. 720).

### GRAPE JELLY

Pick over, wash, and remove stems before putting in preserving kettle. Heat to boiling point, mash, and boil 30 minutes; then proceed as for Current Jelly. Use  $\frac{3}{4}$  to 1 cup sugar to each cup of juice, the smaller amount if the grapes are riper. Wild grapes make the best jelly.

**Green Grape Jelly.** Pick when just beginning to turn color.

**WILD GRAPE or VENISON JELLY**

|                    |                                  |
|--------------------|----------------------------------|
| 1 peck wild grapes | $\frac{1}{2}$ cup whole cloves   |
| 1 quart vinegar    | $\frac{1}{2}$ cup stick cinnamon |
| 6 pounds sugar     |                                  |

Put first 4 ingredients into preserving kettle, heat slowly to boiling point, and cook until grapes are soft. Strain through double thickness of cheesecloth or a jelly bag, and boil liquid 20 minutes; then add sugar, heated, and boil 5 minutes or until jelly tests. Fill glasses, cool, seal, label, and store (p. 720).

**QUINCE JELLY**

Make like Apple Jelly (p. 721) but use quinces. Wash, pare and cut out blossom ends. Cut fruit fine. Quince parings are often used for jelly, the better part of the fruit being used for canning. In this case, cut perfect pieces and put them in a separate bowl of cold water. After extracting juice, boil about 20 minutes.

**Quince and Apple Jelly.** Use equal amounts of quince and apple juice.

**Quince Jelly with Honey.** Use half honey and half sugar as sweetening.

**PARADISE JELLY**

|               |                     |
|---------------|---------------------|
| 9 sour apples | 1 pound cranberries |
| 6 quinces     |                     |

Cut apples in eighths and discard stem and blossom ends. Pick over cranberries. Quarter quinces, discard core, and chop fine. Combine, extract juice (p. 719) and measure. Add equal amount of heated sugar and boil to jelly stage, skim, fill glasses, seal, label, and store (p. 720).

**TOMATO JELLY**

Quarter or slice tomatoes which are just barely ripe. Cook slowly until soft and drain. For a clear jelly do not squeeze the pulp. Measure. To each quart, add juice and thin outer rind of 1 lemon. Boil 20 minutes. Add equal measure of heated sugar and cook to jelly stage (p. 720). Fill glasses, cool, seal, label, and store (p. 720).

## JELLIES MADE WITH ADDED PECTIN

Jellies and jams made with added pectin do not have as strong flavor as those made without added pectin, but the shorter cooking period preserves more of the fresh, natural flavor and color of the fruit. Pectin itself is flavorless. The use of added pectin increases the yield from the fruit by  $\frac{1}{3}$  to  $\frac{1}{2}$ , saves much time, and gives a sure result, if directions on the package are carefully followed as to extraction of the juice and amount of sugar and pectin required. The following charts are based on the use of liquid pectin but powdered pectin is also available and instructions for its use are on each package.

Use fully ripe fruit. Prepare as directed in chart. Measure exact amounts of juice, sugar, and liquid pectin. Combine extracted juice and sugar. Bring to a boil, add pectin, stirring constantly, then bring to a full rolling boil and boil hard  $\frac{1}{2}$  minute. Remove from heat, skim, fill glasses, etc. Make 10 to 12 glasses (6-ounce size).

### LIME JELLY

|                              |                                    |
|------------------------------|------------------------------------|
| $\frac{3}{4}$ cup lime juice | 4 cups sugar                       |
| Grated rind 5 limes          | Green coloring                     |
| $1\frac{3}{4}$ cups water    | $\frac{1}{2}$ bottle liquid pectin |

Add rind to juice, let stand 10 minutes, and press through cloth. Add sugar and water and bring quickly to boiling point. Add coloring to desired shade. Stir in pectin and boil hard  $\frac{1}{2}$  minute. Skim, fill glasses, etc. (p. 720). *Makes 6 glasses (6-ounce).*

### MINT JELLY

|                                    |                                 |
|------------------------------------|---------------------------------|
| 1 cup mint leaves                  | $\frac{1}{2}$ cup apple vinegar |
| and tender stems                   | $3\frac{1}{2}$ cups sugar       |
| 1 cup water                        | Green coloring                  |
| $\frac{1}{2}$ bottle liquid pectin |                                 |

Wash mint, chop, and pack solidly into cup. Put into 3-quart pan. Add vinegar, water, and sugar. Stir until sugar dissolves, and bring quickly to full, rolling boil. Add coloring to desired shade. Stir in liquid pectin and boil hard  $\frac{1}{2}$  minute. Skim, strain into glasses, etc. (p. 720). *Makes 5 glasses (6-ounce size).*

## JELLIES WITH ADDED PECTIN

| FRUIT<br>(Kind and Amount to Buy)                            | PREPARATION OF JUICE                                                                                                                                                                                  | INGREDIENTS                                                                         |
|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Apricots<br>(5 pounds)                                       | Pit, add $\frac{3}{4}$ cup water. Bring to boil; simmer, uncovered, 20 minutes *                                                                                                                      | 3½ cups juice<br>½ cup lemon juice<br>7 cups sugar<br>1 bottle liquid pectin        |
| Blackberries, Red Raspberries, or Strawberries<br>(3 quarts) | Crush or grind * (with raspberries, omit lemon juice and ½ cup sugar)                                                                                                                                 | 4 cups juice<br>2 tablespoons lemon juice<br>8 cups sugar<br>1 bottle liquid pectin |
| Currants<br>(4 pounds)                                       | Crush, add 1 cup water. Bring to boil; cover, and simmer 10 minutes *                                                                                                                                 | 5 cups juice<br>7 cups sugar<br>½ bottle liquid pectin                              |
| Guavas<br>(3 pounds strawberry guavas)                       | Slice thin, add 3½ cups boiling water, and crush thoroughly 5 minutes.* (With pineapple guavas, substitute ½ cup lemon juice for ½ cup prepared juice specified)                                      | 4 cups juice<br>7 cups sugar<br>½ bottle liquid pectin                              |
| Grapes<br>(4 pounds Concord)                                 | Stem, crush, add ½ cup water; cover, and simmer 10 minutes *                                                                                                                                          | 4 cups juice<br>7½ cups sugar<br>½ bottle liquid pectin                             |
| Pineapple (1 medium) and Rhubarb<br>(1½ pounds)              | Pare pineapple, cut rhubarb in 1-inch pieces. Put both through food chopper *                                                                                                                         | 3 cups juice<br>6½ cups sugar<br>1 bottle liquid pectin                             |
| Plums<br>(4 pounds clingstone plums)                         | Crush well. Add 1 cup water. Bring to boil; cover, and simmer 10 minutes *                                                                                                                            | 4 cups juice<br>7½ cups sugar<br>½ bottle liquid pectin                             |
| Quinces<br>(3 pounds)                                        | Core, cut off blossom and stem ends. Do not peel. Put through food chopper. Add 4½ cups water. Bring to boil; cover, and simmer 15 minutes.* (If juice lacks tartness, add 2 tablespoons lemon juice) | 4½ cups juice<br>7½ cups sugar<br>½ bottle liquid pectin                            |

\* Squeeze or drip through jelly bag or colander lined with several thicknesses of damp cheesecloth. If dripped, use double quantity of fruit.

### JELLY WITH HOMEMADE PECTIN *or* APPLE JUICE

Juice from fruits low in pectin may be used for jelly when combined with apple juice or orange pectin. Extract juice (p. 719), measure, and add  $\frac{1}{2}$  as much Orange Pectin or apple juice. Measure. Add  $\frac{2}{3}$  as much sugar as combined juice and pectin. Boil rapidly to jelly stage, skim, fill glasses, etc. (p. 720).

**Orange Pectin.** Peel orange, removing as much of the white with peel as possible. Cut off thick white inner skin from peel. Put through food chopper. To 1 cup add the juice of 1 lemon and let stand 1 hour. Add 2 cups of water, bring to boiling point, and boil 5 minutes. Let stand overnight. Bring to boiling point and boil 10 minutes and drain through jelly bag. To can, pour boiling mixture into hot sterilized jars, seal at once. Use for converting fruit juices into jelly at any time during the year, use for jelly desserts, etc.

### CANNED FRUIT JUICES

Extract when fruit is in season and can for later use in jelly making, fruit ices, beverages (diluted with ice, water, ginger ale, or charged water), pudding sauces, and gelatin desserts. If sugar has been added, adapt recipe to taste.

Extract juice (p. 719). If desired, add  $\frac{1}{2}$  to 1 cup of sugar to each gallon of juice.

Fill sterilized jars with juice, place a new rubber on each jar, and partly seal the jar (p. 752). Place the jars on a rack in the bottom of a large kettle of water. Water should cover the jars by at least 1 inch. Begin counting the time for processing when the water reaches a temperature of 160° or 170° F. Pasteurize pints 20 minutes and quarts 30 minutes.

Remove the jars from the hot-water bath and complete the sealing. Cool as rapidly as possible, but avoid a draft on the jars.

### GRAPE JUICE I

|                  |             |
|------------------|-------------|
| 10 pounds grapes | 1 cup water |
| 3 pounds sugar   |             |

Heat grapes and water in enamel kettle until stones and pulp separate. Strain through jelly bag, add sugar, heat to boiling point,



and bottle. This will make 1 gallon. Serve diluted with equal quantity of cold water.

### GRAPE JUICE II

|                         |                      |
|-------------------------|----------------------|
| 2 cups grapes           | } for each quart jar |
| $\frac{1}{2}$ cup sugar |                      |
| Boiling water           |                      |

Wash the grapes and remove stems. Put them in clean, hot jars and add the sugar and enough boiling water to fill the jars to overflowing. Completely seal. Store them in a cool, dry place. Allow to stand 3 or 4 months before serving. Strain before serving. Do not dilute. If too sweet, add lemon juice before serving.

### RASPBERRY SIRUP

|                                |                              |
|--------------------------------|------------------------------|
| 2 quarts raspberries <i>or</i> | 1 quart sugar                |
| half strawberries <i>or</i>    | $\frac{3}{4}$ cup cold water |
| currants                       |                              |

Pick over and mash fruit, sprinkle with sugar, cover, and let stand overnight. Add water, bring slowly to boiling point, and cook 20 minutes. Force through a double thickness of cheesecloth, again bring to boiling point, fill small glass jars to overflowing, and adjust covers. Use as foundation for beverages, ices, or sauces.

**Grape and Apple Sirup.** Use 2 quarts Concord grapes and 4 Astrachan apples.

### RASPBERRY SHRUB

|                          |                      |
|--------------------------|----------------------|
| 5 quarts red raspberries | 1 quart mild vinegar |
|--------------------------|----------------------|

Let stand 24 hours, then strain. Add  $\frac{1}{2}$  pound sugar to each quart of juice. Let come to boil, cool, and bottle. If desired, add one dozen cloves.

### MARYLAND RASPBERRY SHRUB

|                                |                                   |
|--------------------------------|-----------------------------------|
| 1 quart raspberry juice        | 1 pint Jamaica rum <i>or</i> part |
| $\frac{1}{2}$ pound loaf sugar | rum and part brandy               |

Mix well and bottle.

## CHAPTER 35

# Jams, Marmalades, and Conservees

**Jam or Marmalade.** Fruit cut in small pieces, cooked with sugar until sirup is jelly-like.

**Conserve or Gumbo.** Thick, rich mixture of fruit cooked with sugar, usually with nuts added.

**Fruit Butter or Honey.** Thick, smooth sauce made of fruit cooked with sugar and strained. Seasonings are often added.

**Preserves.** Fruit canned in a sugar sirup, thinner than for jam. The fruit is usually left whole or in fairly large pieces.

### FRUIT JAM

12 cups prepared fruit      9 cups sugar

**To Prepare Fruit.** Wash. Remove pits and cores. Pare pineapples. Peel peaches and apricots. Crush small fruits in preserving kettle. Cut others in small pieces and crush or put through food chopper.

Heat sugar in oven. Measure fruit into preserving kettle. Crush delicate fruit (strawberries, etc.) slightly, with potato masher. Heat until juice begins to flow, and add sugar. Stir over heat until sugar dissolves. Bring quickly to boiling point and boil rapidly (to preserve color and flavor) until sirup is thick and clear (8 to 20 minutes). If fruit used is high in pectin (plums, quinces, or grapes), cook to the jelly test (p. 720). Stir as needed to prevent sticking.

**To Process.** If a less sweet jam is liked, the sugar may be reduced but jam must be sterilized before sealing. In a boiling-water bath (p. 752), allow 3 to 5 minutes.

Fill hot, sterilized glasses to within  $\frac{1}{2}$  inch of tops. If there is a large amount of sirup in proportion to fruit, let stand until cool and stir well to distribute fruit evenly before filling glasses. Seal, label, and store (p. 720). *Makes about 5 pints.*

**FRUIT JAM MADE WITH ADDED PECTIN**

Use fully ripe fruit. Prepare as directed under recipe for Fruit Jam (opposite). Measure exact amounts of prepared fruit, sugar, and liquid pectin.

Mix prepared fruit and sugar and bring quickly to full rolling boil, stirring constantly. Boil hard 1 to 3 minutes as directed. Remove from heat. Stir in pectin. Stir and skim, repeating several times until slightly cooled (about 5 minutes). Fill glasses, seal, label, and store (p. 720). Makes 10 to 12 glasses (6-ounce size).

| <b>FRUIT</b><br>(Kind and Amount to Buy)                            | <b>INGREDIENTS</b>                                                                                                            | <b>BOILING TIME</b>                                                                           |
|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Strawberries or Blackberries<br>(2 quarts)                          | 4 cups fruit<br>7 cups sugar<br>$\frac{1}{2}$ bottle pectin                                                                   | 3 minutes                                                                                     |
| Red Raspberries or Loganberries<br>(2 quarts)                       | 4 cups fruit<br>$6\frac{1}{2}$ cups sugar<br>$\frac{1}{2}$ bottle pectin                                                      | 1 minute                                                                                      |
| Blueberries or Huckleberries<br>( $1\frac{1}{2}$ quarts)            | $4\frac{1}{2}$ cups fruit<br>2 tablespoons lemon juice.<br>Grated rind $\frac{1}{2}$ lemon<br>7 cups sugar<br>1 bottle pectin | 2 minutes                                                                                     |
| Cherries<br>( $2\frac{1}{2}$ pounds sour cherries)                  | 4 cups fruit<br>7 cups sugar<br>1 bottle pectin                                                                               | Add $\frac{1}{4}$ cup water. Bring to boil; cover, and simmer 15 minutes, then boil 3 minutes |
| Red Currants or Gooseberries<br>(2 pounds)                          | 4 cups fruit<br>$7\frac{1}{2}$ cups sugar<br>$\frac{1}{2}$ bottle pectin                                                      | Add $\frac{1}{2}$ cup water. Bring to boil; cover, and simmer 15 minutes, then boil 1 minute  |
| Peaches or Pears<br>( $2\frac{1}{2}$ pounds)                        | $3\frac{1}{2}$ cups fruit<br>$7\frac{1}{2}$ cups sugar<br>1 bottle pectin<br>1 to 3 teaspoons spice                           | 1 minute                                                                                      |
| Pineapple<br>(2 medium)                                             | 4 cups fruit<br>7 cups sugar<br>1 bottle pectin                                                                               | 3 minutes                                                                                     |
| Plums or Ripe Prunes<br>( $2\frac{1}{2}$ pounds cherry-stone plums) | 4 cups fruit<br>$7\frac{1}{2}$ cups sugar<br>$\frac{1}{2}$ bottle pectin                                                      | Add $\frac{1}{4}$ cup water. Bring to boil; cover, simmer 5 minutes, then boil 1              |

**SEEDLESS BLACK CURRANT JAM**

Wash, remove stems, put through food chopper, then through coarse sieve or ricer. Measure and add an equal amount of sugar. Bring rapidly to boiling point, stirring well. Cook 20 minutes. Fill glasses, seal, label, and store (p. 720).

**APPLE AND RASPBERRY JAM**

|                                             |              |
|---------------------------------------------|--------------|
| 6 cups chopped sour apples, pared and cored | 9 cups sugar |
| 3 cups raspberries                          | 2 cups water |

Boil the sugar and water until it spins a thread. Add apples. Boil 2 minutes. Add raspberries and boil 10 minutes. Cool, fill glasses, seal, label, and store (p. 720). *Makes about 4 pints.*

**APRICOT AND PINEAPPLE JAM**

|                        |                          |
|------------------------|--------------------------|
| 1 pound dried apricots | 2 cans chopped pineapple |
|                        | Sugar                    |

Soak apricots overnight or several hours in cold water to cover. Cook in same water until soft, drain and chop. Add drained juice, pineapple with its juice, and measure. Add  $\frac{2}{3}$  measure of sugar. Reduce sugar somewhat if liked less sweet. Cook until thick and cool slightly. Fill glasses, seal, label, and store (p. 720). *Makes 9 glasses.*

**GOOSEBERRY JAM**

|                    |                   |
|--------------------|-------------------|
| 4 lb. gooseberries | 2 cups extracted  |
| 3 pounds sugar     | red currant juice |

Boil sugar and currant juice 5 minutes. Add berries and boil 40 minutes. Skim occasionally. Set aside 24 hours. Drain off sirup and pack berries into jars. Boil sirup until thick as honey and pour over berries. Seal, label and store (p. 720).

**QUINCE JAM**

Rub through a fine sieve pulp left in jelly bag after extracting juice for Quince Jelly, Paradise Jelly, etc. Measure, add equal amount of sugar and stir and cook to 222° F. Fill glasses, seal, label and store (p. 720).

**WHOLE STRAWBERRY JAM**

4 cups prepared fruit  
7 cups sugar

2 tablespoons lemon juice  
 $\frac{1}{2}$  bottle liquid pectin

To prepare fruit, use about 2 quarts small, fully ripe strawberries. Spread about  $\frac{1}{4}$  of berries in a single layer and press gently to a thickness of  $\frac{1}{4}$  inch with bottom of tumbler. This crushes centers of berries without breaking skins.

Measure sugar and fruit into separate dishes. Put layer of pressed berries into large kettle and cover with layer of sugar. Continue to alternate layers of pressed berries and sugar until all have been used, having sugar on top. Add lemon juice. Let stand overnight or at least 5 hours. Mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in liquid pectin. Ladle off a few glasses of hot clear sirup for jelly. (To separate sirup from fruit, press a sieve into jam.) Then stir and skim jam by turns for just 5 minutes to cool slightly, in order to prevent floating fruit. Pour quickly. Paraffin hot jelly and jam at once. *Makes 2 to 3 glasses jelly and 7 to 8 glasses jam (6-ounce size).*

**SUNSHINE STRAWBERRIES**

Wash and hull perfect strawberries. Arrange in layers in preserving kettle with equal amount of sugar. Let stand  $\frac{1}{2}$  hour, then bring to boiling point and cook 20 minutes. Arrange on shallow enamel pans or platters, cover with glass, and set in sun several days or until sirup is thick. Stir several times each day. Fill glasses, seal, label, and store (general directions, p. 720).

**Sunshine Cherries.** Use sour cherries. Cook until just tender but still firm. Delicious with ice cream.

**RHUBARB AND FIG MARMALADE**

2 pounds unpeeled rhubarb (cut fine)  
2 pounds sugar

$\frac{1}{2}$  pound figs (cut fine)  
Juice 1 lemon

Combine the ingredients. Let stand 24 hours. Bring to boil and boil rapidly to jelly stage (p. 720). Partially cool, fill glasses, seal, label, and store (p. 720). *Makes about  $1\frac{1}{2}$  quarts.*



**GRAPEFRUIT MARMALADE**

|              |         |
|--------------|---------|
| 1 grapefruit | 1 lemon |
| 1 orange     | Water   |
| Sugar        |         |

Wipe fruit and slice very thin, rejecting only seeds and core of grapefruit. Measure and add 3 times the quantity of water. Let stand in an earthen dish overnight and next morning let boil 10 minutes. Leave until next day, then boil 2 hours. Measure, add an equal amount of sugar, and boil, stirring occasionally that it may not burn, about 1 hour. Pour into glasses, seal, label, and store (p. 720). *Makes about 2 quarts.*

**ORANGE MARMALADE**

|                         |                 |
|-------------------------|-----------------|
| 12 thin-skinned oranges | 1½ quarts water |
| 3 lemons                | Sugar           |

Wash fruit and slice as thin as possible. To each quart of sliced fruit add 1½ quarts of water and let stand overnight. Cook slowly until tender (2 to 2½ hours). Measure cooked fruit and add ⅔ as much sugar. Cook the mixture rapidly until it jellies from a spoon (from 30 to 60 minutes). Pour into jars, seal, label, and store (p. 720). *Makes about 5 pints.*

**Ginger Marmalade.** Add 2½ cups chopped ginger to each quart of prepared fruit. Add ⅔ as much sugar as combined fruit pulp.

**CARROT AND ORANGE MARMALADE**

|                        |                               |
|------------------------|-------------------------------|
| 6 medium-sized carrots | Juice and grated rind 1 lemon |
| 3 oranges              | Sugar                         |

Dice carrots and boil until tender in as little water as possible. Wash oranges and slice as thin as possible. Mix and measure carrots and fruits, add ⅔ as much sugar. Boil rapidly until clear. Cool, fill glasses, seal, label, and store (p. 720). *Makes about 2 quarts.*

**TOMATO AND PICKLED-LIME MARMALADE**

|                                |                           |
|--------------------------------|---------------------------|
| 12 medium-sized green tomatoes | 12 selected pickled limes |
|                                | 6 cups sugar              |

Wipe tomatoes and drain limes; then force through food chopper. Add sugar, bring to boiling point, and simmer 3 hours. Turn into glasses, seal, label, and store (p. 720). *Makes about 3 pints.*

### CRANBERRY CONSERVE

|                                 |                                          |
|---------------------------------|------------------------------------------|
| 1 quart cranberries             | $\frac{1}{4}$ pound seeded raisins       |
| $\frac{2}{3}$ cup cold water    | $\frac{1}{2}$ pound English walnut meats |
| $\frac{2}{3}$ cup boiling water | 1 orange                                 |
| 1 $\frac{1}{2}$ pounds sugar    |                                          |

Pick over and wash cranberries. Add cold water and boil until the skins break. Force through a strainer and add boiling water, seeded raisins, orange (wiped, thinly sliced, then cut in small pieces, removing seeds), and sugar. Again bring to boiling point and simmer 20 minutes. Add nut meats, cut in pieces. Cool, fill glasses, seal, label, and store (p. 720). *Makes about 2 quarts.*

### PEAR HARLEQUIN

|                                        |                                               |
|----------------------------------------|-----------------------------------------------|
| 6 pounds pears                         | 2 oranges, juice and grated rind              |
| 1 can pineapple (large, broken pieces) | Sugar                                         |
|                                        | $\frac{1}{2}$ pint bottle maraschino cherries |

Wipe pears, stem, core, and cut in small pieces. Add pineapple and oranges. Measure. Add  $\frac{3}{4}$  quantity of sugar. Let stand overnight. Simmer until thick. Cut cherries in half and add with liquid from bottle. Stir well. Fill glasses, seal, label, and store (p. 720). *Makes about 6 pints.*

### PEAR CHIPS

|                |                                   |
|----------------|-----------------------------------|
| 8 pounds pears | $\frac{1}{4}$ pound Canton ginger |
| 4 pounds sugar | 4 lemons                          |

Wipe pears, remove stems, quarter and core; then cut in small pieces. Add sugar and ginger and let stand overnight. Add lemons cut in small pieces, rejecting seeds, and cook slowly 3 hours. Put into a stone jar or glasses and seal, label, and store (p. 720). *Makes about 6 pints.*

### PLUM GUMBO

|                         |                |
|-------------------------|----------------|
| 5 pounds plums          | 3 oranges      |
| 2 pounds seeded raisins | 5 pounds sugar |

Wipe plums, remove stones, and cut in pieces. Force raisins through a meat chopper or chop. Wipe oranges and cut in thin slices crosswise, removing seeds. Put fruit in preserving kettle, add sugar, bring to boiling point, and let simmer until of the consistency of marmalade. Fill jelly glasses with mixture, cool, seal, label, and store (p. 720). *Makes about 8 pints.*

**PEACH CONSERVE**

|                                     |                |
|-------------------------------------|----------------|
| 1 pound dried, skinned peaches      | Juice 1 lemon  |
| 1 quart cold water                  | Juice 1 orange |
| 1 cup seeded raisins, cut in pieces | 1 whole orange |
| ½ pound English walnut meats        | 1 pound sugar  |

Add cold water to peaches, cover, and let stand overnight. Add raisins, fruit juices, orange cut in thin slices (removing seeds), and sugar. Bring to boiling point and boil rapidly until thick and fruit is clear, stirring occasionally to prevent burning. Add nut meats, cut in pieces, and put in jars or glasses, seal, label, and store (p. 720). *Makes about 3 pints.*

**RASPBERRY AND CURRANT PRESERVE**

|                   |                |                      |
|-------------------|----------------|----------------------|
| 6 pounds currants | 6 pounds sugar | 8 quarts raspberries |
|-------------------|----------------|----------------------|

Pick over, wash, and drain currants. Put into a preserving kettle, adding a few at a time, and mash. Cook 1 hour, strain through double thickness of cheesecloth. Return to kettle, add sugar, heat to boiling point, and cook slowly 20 minutes. Add 1 quart raspberries when sirup again reaches boiling point, skim out raspberries, put in jar, and repeat until raspberries are used. Fill jars to overflowing and fasten tops, label, and store (p. 720). *Makes about 4 quarts.*

**RHUBARB CONSERVE**

|                  |                        |
|------------------|------------------------|
| 4 pounds rhubarb | 1 pound seeded raisins |
| 5 pounds sugar   | 2 oranges              |
|                  | 1 lemon                |

Wash and peel stalks of rhubarb and cut in 1-inch pieces. Put in kettle, sprinkle with sugar, add raisins and grated rind and juice of oranges and lemon. Mix, cover, and let stand ½ hour. Place on range, bring to boiling point, and let simmer 45 minutes, stirring almost constantly. Fill jelly glasses with mixture, cool, seal, label, and store (p. 720). *Makes 10 to 12 glasses (8-ounce).*

**PRESERVED KUMQUATS**

|                        |              |             |
|------------------------|--------------|-------------|
| 1 quart fresh kumquats | 2 cups sugar | 1 cup water |
|------------------------|--------------|-------------|

Boil sugar and water 5 minutes. Wipe kumquats, add to sirup, and cook gently 45 minutes or until tender. Put in jars or glasses, seal, label, and store (p. 720).

**TOMATO CONSERVE**

|                        |                                        |
|------------------------|----------------------------------------|
| 5 pounds ripe tomatoes | 1 orange                               |
| 4 pounds white sugar   | 1 lemon                                |
| ½ box seedless raisins | ¼ pound English walnut meats (chopped) |

Plunge tomatoes into boiling water, drain, peel, add sugar. Cook 1½ hours over slow fire. Add raisins, orange, lemon cut in small pieces. Cook ½ hour longer. Add nut meats just before removing from fire. Cool, fill glasses, seal, label, and store (p. 720).

**YELLOW TOMATO PRESERVES**

|                              |                            |
|------------------------------|----------------------------|
| 1 pound yellow pear tomatoes | 2 ounces preserved ginger  |
| 1 pound sugar                | 2 lemons, sliced very thin |

1. Wipe tomatoes, cover with boiling water, and let stand 5 minutes. Drain and remove skins carefully. Add sugar, cover, and let stand overnight. Pour off sirup and boil until quite thick; skim, then add tomatoes, ginger, and lemons (seeds removed). Cook until tomatoes have a clarified appearance. Cool, fill glasses, seal, label, and store (p. 720). *Makes 6 small glasses.*

2. Slice lemons very thin, remove seeds, and cook in water to cover until skin is very tender. Strain off water and add more if needed to make 1 cup. Add sugar and cook to a thin sirup. Add tomatoes, prepared as above, lemon, and ginger and cook as above. (Lemon is made more tender by this method.)

**DAMSON PRESERVES**

Wipe damsons with a piece of cheesecloth wrung out of cold water, and prick each fruit 5 or 6 times, using a large needle; then weigh. Make a sirup by boiling ¾ their weight in sugar with water, allowing 1 cup to each pound of sugar. As soon as sirup reaches boiling point, skim, and add plums, a few at a time, that fruit may better keep in shape during cooking. Cook until soft. It is well to use 2 kettles, that work may be more quickly done, and sirup need not cook too long a time. Put into stone jars or jelly glasses, seal, label, and store (p. 720).



**PRESERVED MELON RIND**

Pare and cut in strips the rind of ripe melons. Soak in alum water to cover, allowing 2 teaspoons powdered alum to each quart of water. Heat gradually to boiling point and cook slowly 10 minutes. Drain, cover with ice water, and let stand 2 hours; again drain and dry between towels. Weigh; allow 1 pound sugar to each pound of fruit and 1 cup water to each pound of sugar. Boil sugar and water 10 minutes. Add melon rind and cook until tender. Remove rind to a stone jar and cover with sirup. For additional tartness, slice 2 lemons thin, remove seeds, barely cover with boiling water, simmer until tender, drain, and add to sirup with melon rind.

**FRUIT BUTTERS**

Chop fruit or cut small, add just enough water to prevent burning, and cook until soft. A combination of fruits may be used such as apple and grape. Pulp left in jelly bag after making jelly may be used. Force through sieve to remove skins and seeds.

Measure, and for each cup of pulp, add  $\frac{1}{2}$  cup sugar, spices to taste, lemon juice, and grated rind. Heat, covered, until sugar is dissolved. Remove cover and cook very slowly until thick, stirring carefully from bottom to prevent sticking. Fill glasses, seal, label, and store (p. 720).

**APPLE BUTTER**

Wash the apples and cut in eighths. Cook them in small amount of water or cider until they are tender. Put them through a sieve. To each cup of pulp add  $\frac{1}{2}$  cup of sugar and cook the mixture until it is thick and clear. If the apples lack flavor, a small amount of lemon juice and grated rind or spices may be added to taste. Fill glasses, seal, label, and store (p. 720).

**APPLE GINGER**

|               |                                  |
|---------------|----------------------------------|
| Sour apples   | Thin shavings from rind 2 lemons |
| 10 cups sugar | Two 2-inch pieces ginger root    |

Wipe, quarter, pare, core, and finely chop apples to make 10 cups. Add sugar, lemon rind, and ginger root. Bring gradually to boiling point and simmer until apples are transparent, stirring frequently



(2½ to 3 hours). Great care must be taken, otherwise the mixture will burn. It is well to have the kettle placed on an asbestos mat. Turn into a crock or fill jelly glasses, seal, label, and store (p. 720). *Makes about 3 pints.*

### PEACH BUTTER

5 pounds peaches      3 pounds sugar  
Spices to taste, if wanted

Peel and slice fruit. Cover with sugar. Let stand overnight. Cook very slowly until thick and clear (about 3 hours). Stir carefully occasionally to prevent sticking or cook over asbestos mat. Force through sieve. Fill jars, seal, label, and store (p. 720). *Makes about 2 quarts.*

### PLUM BUTTER

Pit plums, cut small, and add just enough boiling water to keep from burning. Cook slowly until soft and put through coarse sieve or colander. Measure. Heat to boiling point, add half the amount of strained honey, or half sugar and half honey, and cook until thick. Fill glasses, seal, label, and store (p. 720).

### QUINCE HONEY

5 large quinces      5 pounds sugar      1 pint boiling water

Pare and grate quinces. Combine sugar and water and heat slowly (do not boil) until sugar is completely dissolved. Brush down sides of pan with pastry brush dipped in cold water to remove any crystals. Add quince, and cook 15 to 20 minutes. If quinces are somewhat ripe, add 1 teaspoon lemon juice after first 10 minutes of cooking to aid in preventing sugaring. Turn into glasses, seal, label, and store (p. 720). When cold, it should be about the color and consistency of honey. *Makes about 5 pints.*

## CHAPTER 36

# Pickles, Pickled Fruits, and Relishes

### APPLE CATSUP

|                      |                          |
|----------------------|--------------------------|
| Sour apples          | 1 teaspoon mustard       |
| 1 cup sugar          | 2 teaspoons cinnamon     |
| 1 teaspoon pepper    | 1 tablespoon salt        |
| 1 teaspoon cloves    | 2 onions, finely chopped |
| 2 cups cider vinegar |                          |

Wipe, quarter, pare, and core apples. Cover with boiling water, bring to boiling point, and simmer until soft, when nearly all the water should be evaporated; then rub through a sieve (to make 1 quart pulp).

Mix other ingredients and add to pulp. Bring to boiling point and simmer 1 hour. Bottle, cork, and seal while hot. *About 1 quart.*

### APPLE CHUTNEY

|                                  |                                        |
|----------------------------------|----------------------------------------|
| 2 dozen sour apples              | 1 pound raisins (sultana or<br>seeded) |
| 3 large Spanish onions           |                                        |
| $\frac{1}{2}$ pound green ginger | $\frac{1}{4}$ cup salt                 |
| 3 ounces chili peppers           | $1\frac{1}{2}$ quarts vinegar          |
| $\frac{1}{4}$ cup mustard seed   | $1\frac{1}{2}$ pounds brown sugar      |

Dissolve salt and sugar in vinegar. Peel, core, and chop apples. Chop onions and ginger. Combine ingredients and cook slowly until tender (about 30 minutes). Taste: add salt, if needed. Fill jars and seal (p. 720). *Makes about  $3\frac{1}{2}$  quarts.*

**Apple and Tomato Chutney.** Use  $1\frac{1}{2}$  dozen apples and 4 cups green or ripe tomato, cut small. Sprinkle tomato with 2 tablespoons salt, let stand 12 hours, and drain. Add other ingredients and cook as above.

**SPICED CELERY**

|                    |                        |
|--------------------|------------------------|
| 6 bunches celery   | 1 teaspoon mustard     |
| 15 tomatoes        | 1 teaspoon clove       |
| 1 red pepper       | 1 teaspoon allspice    |
| 2 cups sugar       | 1 teaspoon cinnamon    |
| 2 tablespoons salt | 1 teaspoon celery seed |
| 1½ cups vinegar    |                        |

Cut off roots and leaves of celery, separate stalks, and chop. Wipe, peel, and chop tomatoes. Wipe and chop pepper. Mix dry ingredients and add vinegar. Combine mixtures, put in preserving kettle, bring to boiling point, and simmer 1½ hours. Fill jars to overflowing and adjust covers.

**CARROT PICKLE**

Raw carrot balls      Liquor from sweet pickles *or* pickled onions

Fill jars with carrot balls. Bring liquor to boiling point, fill jars, and seal. Do not use for 2 weeks.

**CHERRY OLIVES**

|                       |               |
|-----------------------|---------------|
| 1 quart sour cherries | 1 cup vinegar |
| 1 tablespoon salt     | Cold water    |

Wash cherries, pack closely in 2 pint jars. Add half the salt and vinegar to each jar and fill with cold water. Seal. Turn upside down. Let stand 2 weeks before using. *Makes 2 pints.*

**PICKLED CHERRIES**

Pit firm, sour cherries. Cover with vinegar. Let stand overnight. Drain and weigh. Put in stone crock and add equal weight of sugar. Cover. Stir daily until sugar is entirely dissolved (7 or 8 days).

**SWEET CRAB APPLE PICKLE**

|                      |                               |
|----------------------|-------------------------------|
| 3 pounds crab apples | 1½ teaspoons cloves           |
| 2 cups cider vinegar | 1½ teaspoons allspice berries |
| 1 cup sugar          | 1½ teaspoons black pepper     |
| 1½ teaspoons ginger  |                               |

Wipe crab apples, remove stems, and steam until soft. Tie spices in muslin bag, put in preserving kettle, add vinegar, sugar, and crab apples, bring gradually to boiling point, and simmer 20 minutes. *Makes 3 pints.*

**CHILI SAUCE**

|                          |                               |
|--------------------------|-------------------------------|
| 12 medium-sized tomatoes | 1 tablespoon salt             |
| 4 onions (or less)       | 2 tablespoons celery seed     |
| 2 red peppers            | $\frac{1}{4}$ cup brown sugar |
| 2 cups vinegar           |                               |

Wipe and peel tomatoes and cut in  $\frac{1}{4}$ -inch slices, crosswise. Put in preserving kettle and add onions peeled and chopped, peppers chopped, and remaining ingredients. Bring to boiling point and simmer 3 hours. Add more salt if needed. *Makes about 2 quarts.*

**Spiced.** Omit celery seed. Add 2 teaspoons, each, clove, cinnamon, allspice, and nutmeg.

**TOMATO CATSUP**

|                        |                          |
|------------------------|--------------------------|
| 8 quarts ripe tomatoes | 1 tablespoon mace        |
| $\frac{1}{4}$ cup salt | 1 tablespoon celery seed |
| 2 cups sugar           | 2 tablespoons cinnamon   |
| 1 tablespoon cayenne   | 2 quarts vinegar         |

Cut tomatoes in pieces, add other ingredients, and cook slowly until reduced  $\frac{1}{2}$  (about 2 hours). Strain, reheat, and seal. If desired, add 6 cloves garlic with spices. *Makes 2 to 3 quarts.*

**TOMATO SAUCE (Bottled)**

|                   |                     |
|-------------------|---------------------|
| 12 large tomatoes | 2 onions            |
| 3 bunches celery  | 2 tablespoons salt  |
| 4 green peppers   | 2 tablespoons sugar |
| 3 cups vinegar    |                     |

Peel and chop tomatoes and onions, put in kettle and add celery (from which root and leaves have been removed) and peppers, both finely chopped, and remaining ingredients. Bring to boiling point and simmer  $1\frac{1}{2}$  hours. Fill bottles with mixture, cork, and seal.

**GREEN GRAPE RELISH**

Wash green grapes. Add  $\frac{1}{2}$  cup water for each quart of grapes. Bring to boiling point and simmer until soft. Strain. Add equal measure of sugar. Cook slowly until pink, stirring frequently. Fill jars and seal.

## SPICED CURRANTS

|                      |                                  |
|----------------------|----------------------------------|
| 7 pounds currants    | Piece of stick cinnamon          |
| 5 pounds brown sugar | 1 tablespoon powdered cloves     |
| 1 pint vinegar       | 1 tablespoon allspice (if liked) |

Pick over currants, wash, drain, and remove stems. Put in a preserving kettle, add sugar, vinegar, and spices tied in a piece of muslin. Heat to boiling point, and cook slowly  $1\frac{1}{2}$  hours. Store in a stone or glass jar and keep in a cool place. *Makes about 6 pints.*

**Gooseberry Catsup.** Use 6 pounds gooseberries in place of currants. Cook about 2 hours.

## GOOSEBERRY RELISH

|                             |                                |
|-----------------------------|--------------------------------|
| 5 cups gooseberries         | 3 tablespoons ginger           |
| $1\frac{1}{2}$ cups raisins | 3 tablespoons salt             |
| 1 onion                     | $\frac{1}{4}$ teaspoon cayenne |
| 1 cup brown sugar           | 1 teaspoon turmeric            |
| 3 tablespoons mustard       | 1 quart vinegar                |

Pick over, wash, and drain gooseberries. Add raisins (from which seeds have been removed) and onion, peeled and sliced. Chop or force through a meat chopper, put in preserving kettle, and add sugar, mustard, ginger, salt, cayenne, and turmeric. Pour over vinegar, bring slowly to boiling point, and simmer 45 minutes. Strain through a coarse sieve, fill bottles with mixture, and seal. *Makes about 4 pints.*

## GRAPE CATSUP

|                  |                       |
|------------------|-----------------------|
| Grapes           | 1 tablespoon cinnamon |
| 5 pounds sugar   | 1 tablespoon allspice |
| 2 quarts vinegar | 2 tablespoons clove   |
|                  | 1 grated nutmeg       |

Pick over, wash, drain, and remove stems from grapes. Add cold water barely to cover, bring to boiling point, and simmer until fruit is soft; then press through a sieve, discarding skins and seeds. Put 10 pounds of the fruit pulp in a preserving kettle and add other ingredients. Bring to boiling point and simmer until the consistency of a catsup. Fill bottles to overflowing, adjust stoppers, and seal. *Makes about 3 quarts.*



**PICKLED PEACHES**

|                            |                        |
|----------------------------|------------------------|
| $\frac{1}{2}$ peck peaches | 1 pint vinegar         |
| 2 pounds brown sugar       | 1 ounce stick cinnamon |
| Cloves                     |                        |

Boil sugar, vinegar, and cinnamon 5 minutes. Dip peaches quickly in hot water, then rub off the fur with a towel. Stick each peach with 4 cloves or add 2 tablespoons whole cloves to sirup. Cook peaches in sirup, a few at a time, until tender (about 10 minutes). Pack closely in hot sterilized jars, fill with sirup, and seal. If necessary, make additional sirup to fill jars.

**Pickled Crab Apples.** Select firm fruit. Do not pare but cut out blossom end. Prick each several times.

**Pickled Pears.** Use small, hard pears or large pears, quartered. If skin is very tough, pare.

**BRANDIED PEACHES I**

|         |       |        |
|---------|-------|--------|
| Peaches | Sugar | Brandy |
|---------|-------|--------|

Prepare peaches as for Pickled Peaches. Weigh. For each pound of fruit, allow  $\frac{3}{4}$  pound sugar and 1 cup water and boil 10 minutes. Cook peaches in sirup, a few at a time, for 5 minutes or until tender when tried with toothpick. Pack firmly in hot sterilized jars. Cook sirup until thick, adding more sugar if juice from peaches has made it watery. Cool, add an equal quantity of brandy, bring to boiling point, fill jars to overflowing, and seal.

**Brandied Cherries.** Wash firm cherries, leaving on stems, cut short.

**Brandied Peaches II.** Prepare peaches as for Pickled Peaches and pack tightly in layers in stone crock, filling crevices in each layer thickly with sugar. For  $\frac{1}{2}$  peck peaches, add 1 pint of brandy. Cover with piece of heavy cloth, put on lid, and let stand overnight. Add more peaches and sugar to fill jar and repeat several times or until jar is full. Remove scum as it appears. Seal in crock or in quart jars. Store in cool dark place and use after 3 months. *Note:* Old-fashioned brandied peaches were made without additional brandy, the peaches producing their own alcohol by fermentation. Added brandy, however, improves the flavor.

**TUTTI-FRUTTI**

Put 1 pint brandy in stone jar. Add various fruits as they come into season. For each quart of fruit, add same quantity of sugar. Stir mixture daily until all fruit has been added. Use raspberries, strawberries, apricots, peaches, cherries, and pineapples.

**SPICED RHUBARB**

|                   |                     |
|-------------------|---------------------|
| 2½ pounds rhubarb | ⅞ cup vinegar       |
| 2 pounds sugar    | 1 teaspoon cinnamon |
|                   | ½ teaspoon clove    |

Wipe rhubarb, skin, and cut stalks in 1-inch pieces. Put in preserve kettle, add remaining ingredients, bring to boiling point, and simmer until of the consistency of a marmalade. *Makes 2 to 3 pints.*

**PEPPER RELISH I**

|                    |                          |
|--------------------|--------------------------|
| 1 peck red peppers | 2 cups vinegar           |
| 2 cups cold water  | 1 cup brown sugar        |
| 1 cup salt         | ½ cup white mustard seed |

Wipe peppers, cut in halves, remove seeds, and put through meat chopper. Put in kettle and add water and salt; cover and let stand overnight. Drain and pour over vinegar, sugar, and mustard seed which have been brought to boiling point and boiled 2 minutes. Fill jars to overflowing and adjust covers.

**PEPPER RELISH II**

|                          |                    |
|--------------------------|--------------------|
| 1 quart vinegar          | 15 large onions    |
| 12 green peppers, seeded | 2 cups sugar       |
| 12 red peppers, seeded   | 3 tablespoons salt |

Put peppers and onions through chopper. Pour on boiling water. Drain. Cover with cold water, bring to boil, and drain. Bring vinegar, salt, and sugar to boil, add to chopped mixture, and boil 1 minute. *Makes 2 to 3 pints.*

## RED CABBAGE PICKLE

|                                    |                                         |
|------------------------------------|-----------------------------------------|
| 4 quarts thinly sliced red cabbage | 1 cup sugar                             |
| 4 teaspoons salt                   | $\frac{1}{4}$ cup mixed pickling spices |
| $\frac{1}{2}$ teaspoon pepper      | (in spice bag)                          |
| $\frac{1}{4}$ cup mustard seed     | 2 quarts mild vinegar                   |

Sprinkle salt over cabbage. Mix well and let stand overnight. Drain slightly. Add pepper and mustard seed, mix well, and place in crock. Add sugar and spices to vinegar, bring slowly to boiling point, and pour boiling hot over cabbage. Cover.

## PICKLED ONIONS

Peel small white onions, cover with brine, allowing  $1\frac{1}{2}$  cups salt to 2 quarts boiling water, and let stand 2 days. Drain and cover with more brine; let stand 2 days and again drain. Make more brine and heat to boiling point; put in onions and boil 3 minutes. Put onions in clean, hot stone or glass jars, interspersing with bits of mace, white peppercorns, cloves, bits of bay leaf, and slices of pimiento. Fill jars to overflowing with vinegar scalded with sugar, allowing 1 cup sugar to 1 gallon vinegar. Seal while hot.

To vary, add, for each gallon of vinegar, 1 ounce of ginger root or  $\frac{1}{4}$  cup freshly grated horse-radish. Other seasonings may be substituted for the combination suggested above, such as basil, nutmeg, celery seed, chili peppers, mustard seed, dill, chervil, and rosemary.

## WATERMELON PICKLE

|                                            |                                  |                |
|--------------------------------------------|----------------------------------|----------------|
| 1 large watermelon or 2 small ones         | 10 pounds sugar                  |                |
| 1 gallon vinegar                           | 1 box (1¼ ounces) whole cloves   | } in spice bag |
|                                            | 1 box (1¼ ounces) whole cinnamon |                |
| Small bottle powdered lime (about ½ ounce) |                                  |                |

Select melon with thick, tender rind. Cut off thick green skin and remove pink pulp. Cut rind in squares, wedges, or fancy shapes and weigh (there should be about 7 pounds). Cover with water in which lime has been dissolved, and soak overnight. Drain, cover with fresh water, bring to boiling point, and drain again. Cook sugar and vinegar with spice bag until sirup is somewhat thick. Cook rinds in

sirup until tender, pack in jars, fill jars with sirup, seal, label, and store. *Makes about 4 quarts.*

### PUMPKIN SWEET PICKLE

Prepare sirup as for Watermelon Pickle (enough for 12 to 15 cups pumpkin cubes). Cut pumpkin in 1-inch cubes (rind removed) and put in colander. Pour boiling water through until pumpkin is thoroughly hot. Plunge into very cold water and drain. Cook in boiling sirup, removing each piece as it becomes clear. Return to sirup and let stand in cool place overnight. Drain, boil up sirup, add pumpkin, bring to boiling point, and again let stand overnight. Repeat. Store in jars and seal. *Makes about 3 quarts.*

### CORN RELISH

|                    |                     |
|--------------------|---------------------|
| 1½ dozen ears corn | 2 cups sugar        |
| 1 small cabbage    | 1 cup flour         |
| 1 bunch celery     | ½ cup salt          |
| 4 onions           | ½ teaspoon mustard  |
| 2 green peppers    | ¼ teaspoon cayenne  |
| 2 quarts vinegar   | ½ teaspoon turmeric |

Cut corn from cob. Force cabbage through a food chopper. Separate celery stalks, remove leaves, and chop. Peel onions and cut in thin slices. Wipe peppers and chop. Put vegetables in preserving kettle and pour over half the vinegar. Mix sugar, flour, salt, mustard, cayenne, and turmeric and add remaining vinegar. Combine mixtures, bring to boiling point, and simmer 40 minutes. Fill glass jars and seal. *Makes 2 to 3 quarts.*

### TOMATO AND CELERY RELISH

|                                     |                     |                     |
|-------------------------------------|---------------------|---------------------|
| 1 onion                             | } chopped<br>finely | 1 tablespoon salt   |
| 1 large green pepper                |                     | 2 tablespoons sugar |
| 1 large bunch celery                |                     | 2 allspice berries  |
| 2½ cups canned or fresh<br>tomatoes |                     | ¾ cup vinegar       |

Mix ingredients, heat gradually to boiling point, and cook slowly 1½ hours. Cayenne or mustard may be added if desired.

## GREEN TOMATO PICKLE

|                                 |                                      |
|---------------------------------|--------------------------------------|
| 4 quarts chopped green tomatoes | 3 teaspoons cloves                   |
| $\frac{3}{4}$ cup salt          | $\frac{1}{2}$ cup white mustard seed |
| 2 teaspoons pepper              | 4 green peppers, sliced, <i>or</i>   |
| 3 teaspoons mustard             | 3 red peppers                        |
| 3 teaspoons cinnamon            | 2 chopped onions                     |
| 3 teaspoons allspice            | 2 quarts vinegar                     |

Add salt to tomatoes, cover, let stand 24 hours. Drain. Add spices to vinegar, heat to boiling point, add tomatoes, peppers, and onions, bring to boiling point, and cook 15 minutes after boiling point is reached. Store in stone or glass jar in cool place.

**Spanish Pickles.** Add  $\frac{1}{2}$  pound brown sugar to mixture. If desired, increase seasonings.

## RIPE TOMATO PICKLE

|                                  |                              |
|----------------------------------|------------------------------|
| 3 pints tomato pulp              | 4 tablespoons salt           |
| 1 cup chopped celery             | 6 tablespoons sugar          |
| 4 tablespoons chopped red pepper | 6 tablespoons mustard seed   |
| 4 tablespoons chopped onion      | 1 tablespoon grated nutmeg   |
|                                  | 1 teaspoon cinnamon          |
|                                  | $\frac{1}{2}$ teaspoon clove |
| 2 cups vinegar                   |                              |

Wipe, peel, and chop ripe tomatoes. Measure. Add remaining ingredients and stir until thoroughly blended. Put in a stone jar and cover. Let stand at least 1 week before using. This uncooked mixture will keep 6 months. *Makes about 2 quarts.*

## CHOWCHOW

|                               |                                  |
|-------------------------------|----------------------------------|
| 2 quarts small green tomatoes | $\frac{1}{4}$ pound mustard seed |
| 12 small cucumbers            | 2 ounces turmeric                |
| 3 red peppers                 | $\frac{1}{2}$ ounce allspice     |
| 1 cauliflower                 | $\frac{1}{2}$ ounce pepper       |
| 2 bunches celery              | $\frac{1}{2}$ ounce clove        |
| 1 pint small onions           | Salt                             |
| 2 quarts string beans         | 1 gallon vinegar                 |

Prepare vegetables and cut in small pieces, cover with salt, let stand 24 hours, and drain. Heat vinegar and spices to boiling point, add vegetables, and cook until soft. *Makes 5 to 6 quarts.*

Vary as desired by using green peppers in place of red, by omitting celery and string beans, etc.



### RIPE CUCUMBER PICKLES

Cut cucumbers in halves lengthwise. Cover with alum water, allowing 2 teaspoons powdered alum to each quart of water. Heat gradually to boiling point, then let stand in warm place 2 hours. Remove from alum water and chill in ice water. Make a sirup by boiling 5 minutes 2 pounds sugar, 1 pint vinegar, with 2 tablespoons each of whole cloves and stick cinnamon tied in a piece of muslin. Add cucumbers and cook 10 minutes. Remove cucumbers to a stone jar and pour over the sirup. On 3 successive mornings drain off sirup, scald, and pour over cucumbers again.

### MUSTARD PICKLES

|                                                 |                                         |
|-------------------------------------------------|-----------------------------------------|
| 4 quarts cucumbers for pickling                 | 1 gallon boiling water                  |
| 3 large cucumbers, cut in pieces                | 4 green peppers, wiped and sliced       |
| 1 quart green tomatoes, wiped and cut in pieces | 1 bunch celery, chopped                 |
| 1 quart small button onions, peeled and sliced  | 1 cauliflower, separated into flowerets |
| 2 cups salt                                     |                                         |

Wipe cucumbers. Wipe tomatoes and cut in eighths. Scrape celery and cut in  $\frac{3}{4}$ -inch slices, crosswise. Wipe peppers and cut in pieces. Peel onions, separate cauliflower in flowerets, cover with boiling water, boil 3 minutes, and drain. Mix cucumbers, tomatoes, celery, peppers, onions, and cauliflower and pour over brine made of salt and water. Let stand overnight. Bring to boiling point in the same brine and boil until vegetables are tender. Drain. Add to dressing and cook until well heated. Fill jars and seal. *Makes 6 quarts.*

#### Dressing

|                           |                                            |
|---------------------------|--------------------------------------------|
| 1 cup flour               | Cold vinegar                               |
| 6 tablespoons dry mustard | 2 quarts vinegar, brought to boiling point |
| 1 tablespoon turmeric     | 2 tablespoons celery seed                  |
| 1 cup sugar               |                                            |

Mix flour, mustard, and turmeric and add cold vinegar slowly to make a smooth paste; then add sugar and remaining vinegar and celery seed. Cook over hot water until mixture thickens, stirring constantly at first and afterwards occasionally.

**QUICK MUSTARD PICKLE**

|                                    |                                 |
|------------------------------------|---------------------------------|
| 1 quart cabbage, shredded fine     | $\frac{2}{3}$ cup chopped onion |
| 2 pimientos, chopped fine          | 2 cups vinegar                  |
| 1 large green pepper, chopped fine | 3 cups water                    |
| $\frac{1}{4}$ cup salt             |                                 |

Let stand while making dressing. Bring to boiling point and drain. Add to dressing, simmer 5 minutes. Serve cold.

**Dressing**

|                                    |                                    |
|------------------------------------|------------------------------------|
| $\frac{1}{2}$ cup sugar            | $\frac{1}{2}$ teaspoon celery salt |
| 6 tablespoons flour                | $1\frac{1}{2}$ teaspoons salt      |
| $1\frac{1}{2}$ tablespoons mustard | 1 cup cold water                   |
| $\frac{1}{2}$ teaspoon turmeric    | 1 cup hot vinegar                  |

Mix dry ingredients. Add slowly water and vinegar. Stir and cook over hot water until thick. Cover and cook 10 minutes. Add drained cabbage mixture and cook 5 minutes longer.

**OIL PICKLES**

|                                 |                                        |
|---------------------------------|----------------------------------------|
| 100 small cucumbers             | 2 quarts vinegar                       |
| 1 quart small onions            | $\frac{1}{4}$ pound ground mustard     |
| 1 pint olive or other salad oil | $\frac{1}{4}$ pound white mustard seed |
| 1 ounce celery seed             | 1 tablespoon black pepper              |

Cut cucumbers and onions in slices. Put in earthen dish in layers with salt between. Put heavy weight on top and let stand overnight. Drain. Mix seasonings and oil, add vinegar slowly, and pour over cucumbers and onions. Mix well. Pack in jars, seal, and store.

**CUCUMBER AND ONION PICKLE**

|                         |                          |
|-------------------------|--------------------------|
| 12 young cucumbers      | 2 teaspoons mustard seed |
| 6 onions                | 2 teaspoons celery seed  |
| $\frac{1}{2}$ cup salt  | 2 teaspoons black pepper |
| 2 cups vinegar          | 1 teaspoon ginger        |
| $\frac{1}{2}$ cup sugar | 1 teaspoon turmeric      |

Slice cucumbers and onions. Add  $\frac{1}{2}$  cup salt, cover with water, and let stand 2 hours. Drain, add other ingredients, and bring to boil. Fill jars and seal.

**UNRIPE CUCUMBER PICKLES (GHERKINS)**

Wipe 4 quarts small unripe cucumbers. Put in a stone jar and add 1 cup salt dissolved in 2 quarts boiling water, and let stand 3 days. Drain cucumbers from brine, bring brine to boiling point, pour over cucumbers, and again let stand 3 days; repeat. Drain, wipe cucumbers, and pour on 1 gallon boiling water in which 1 tablespoon alum has been dissolved. Let stand 6 hours, then drain from alum water. Cook cucumbers 10 minutes, a few at a time, in  $\frac{1}{4}$  the following mixture heated to the boiling point and boiled 10 minutes:

|                  |                                |
|------------------|--------------------------------|
| 1 gallon vinegar | 2 sticks cinnamon              |
| 4 red peppers    | 2 tablespoons allspice berries |
|                  | 2 tablespoons cloves           |

Strain remaining liquor over pickles which have been put in a stone jar.

**DILL PICKLES**

|                     |                  |
|---------------------|------------------|
| 1 peck cucumbers    | 1½ gallons water |
| (6- to 8-inch size) | Grape leaves     |
| 1 pound coarse salt | Dill             |
|                     | Cabbage leaves   |

Add salt to water, bring to boiling point, and skim. Wash and wipe cucumbers. Arrange layer in 2-gallon crock, cover with a layer of grape leaves and a bunch of dill, and repeat until all are used. Cover thickly with cabbage leaves and set weight on top (scrubbed stone). Pour on the brine and let stand. After 2 or 3 weeks the cucumber should be transparent and almost amber-colored.

**GREEN SLICED CUCUMBER PICKLES**

*(Uncooked)*

|                          |                                        |
|--------------------------|----------------------------------------|
| 2 dozen 6-inch cucumbers | 1 cup olive oil                        |
| 2 quarts boiling water   | $\frac{1}{4}$ pound white mustard seed |
| 1½ cups salt             | $\frac{1}{4}$ pound black mustard seed |
|                          | 6 cups vinegar                         |

Wipe and slice cucumbers thinly without paring. Cover with a brine made of water and salt and let stand overnight.

Drain thoroughly and put in a crock. Mix remaining ingredients and pour over cucumbers. Stir frequently.

**PICCALILLI**

|                                     |                             |
|-------------------------------------|-----------------------------|
| $\frac{1}{2}$ bushel green tomatoes | 3 pounds brown sugar        |
| $\frac{1}{2}$ peck green peppers    | 2 ounces white mustard seed |
| $\frac{1}{2}$ peck onions           | 6 ounces stick cinnamon     |
| 2 medium-sized cabbages             | 3 ounces cloves             |
| $1\frac{1}{2}$ cups salt            | 2 ounces allspice berries   |
| Vinegar                             |                             |

The proportions of vegetables may be varied, reducing amount of peppers and onions or omitting cabbage.

Wash tomatoes and peppers, peel onions, and cut cabbages in quarters. Slice thin or put through food chopper, using a large knife. Sprinkle alternate layers of vegetables with salt, cover, let stand overnight. Drain, add sugar, mustard seed, and the remaining spices, tied in a bag made of muslin or cheesecloth. Pour on vinegar just to cover vegetables, bring to the boiling point, boil 30 minutes. Remove spice bag, fill glass jars with mixture, and adjust covers.

**BREAD AND BUTTER PICKLES**

|                                     |                                                    |
|-------------------------------------|----------------------------------------------------|
| 4 quarts cucumbers<br>(6-inch size) | 1 quart small white onions<br>(less, if preferred) |
| 2 green peppers                     | $\frac{1}{2}$ cup salt                             |

Wash cucumbers but do not peel. Slice thin. Peel and slice onions. Seed and shred peppers. Mix in salt, cover, and let stand 3 hours. Drain thoroughly in a colander, rinsing well with cold water. Add to hot sirup, and heat slowly to just below boiling, stirring occasionally with wooden spoon. Fill jars and seal.

**Sirup**

|                                      |                            |
|--------------------------------------|----------------------------|
| 5 cups brown sugar                   | 2 tablespoons mustard seed |
| $1\frac{1}{2}$ teaspoons turmeric    | 1 teaspoon celery seed     |
| $\frac{1}{2}$ teaspoon ground cloves | 5 cups mild cider vinegar  |

Mix. Bring slowly to boiling point and boil 5 minutes. Vary by omitting turmeric and clove and adding  $1\frac{1}{2}$  teaspoons allspice and a stick of cinnamon.

## CHAPTER 37

# Canning

## EQUIPMENT

Have all necessary equipment at hand, thoroughly washed with soapsuds and scalded.

**Jars.** Any jar or can that is clean and can be made airtight may be used. Large-mouthed, clear glass jars are to be preferred for home use, as they are easy to fill and can be used again and again. The covers may be glass, held in place by a clamp, or metal ones which are screwed into place (Mason jars). If tin cans are used, special equipment is necessary for sealing.

**To Sterilize Jars.** Wash and fill with cold water. Set in a kettle on a trivet, and surround with cold water. Heat gradually to boiling point, let stand in hot water until ready to use, then remove from water, empty, and *fill while hot*.

**Rubbers.** Use new rubbers each time and test before using. Pull out to twice original length: a good rubber springs back into shape. Fold ring double, press firmly between fingers: a good rubber does not crack. Dip rubber rings in hot water, but do not allow them to stand. Place wet, new rubber flat on jar just before it is filled.

**Kettle** for open-kettle canning.

**Steam-Pressure Canner or Large Washboiler or Kettle** equipped with rack for holding jars if canning is to be done by processing in a boiling-water bath.

**Measuring Cup.**

**Large Spoon.**

**Sharp Knife.**

**Wire Basket** if fruit or vegetable is to be blanched.

**Clock or Timer.**

**Long-Handled Skimmer or Spring Fork** to remove jars from boiling water.

**Labels, Pen and Ink.** State contents and date on label.



## GENERAL DIRECTIONS (Equipment, p. 751)

### 1. Prepare Fruits and Vegetables (for chart, see pp. 754, 755).

Select clean, sound, fully ripe fruit and young, tender vegetables. Can as soon as possible after gathering, preferably within 2 hours. Grade for size and degree of ripeness to insure uniform product. Wash thoroughly. Can only a small amount at a time.

Nonacid vegetables *must* be precooked or blanched to remove air, to shrink them, to facilitate packing, and to make possible packing in container at boiling temperature. Fruits and tomatoes may be precooked or not, as desired. **To blanch**, put amount sufficient for 1 jar in wire basket, lower into large kettle of boiling water, and leave the length of time required. Count minutes from time water begins to boil after the product is put into it. Be sure that the water reaches all parts of the product. If the blanching kettle is too full, the water becomes chilled and takes so long to come again to the boiling point that the fruit becomes soft before it is heated through, while the juices of the vegetables are drawn out in the water. Therefore, blanch only a small amount of fruit or vegetables at a time.

2. **Pack in Jars** (to sterilize, etc., p. 751) as closely as possible without crushing. Arrange to look well through glass. Pack corn, peas, and shell beans to within  $\frac{1}{2}$  inch of top as they swell slightly during processing. Press greens down lightly in jars and cut through and through with knife. Add liquid slowly (to avoid breaking) to within  $\frac{1}{4}$  inch of top. *For vegetables*, use boiling water, or water in which vegetables were precooked (tomato juice for tomatoes), with 1 teaspoon salt to each quart. If steam-pressure canner is not used, add 1 tablespoon vinegar or lemon juice for each pint jar of vegetables that are difficult to can successfully (corn, peas, beans, asparagus, greens). *For fruits*, use light, medium, or heavy sirup as desired.

Wipe rubbers carefully. Put on covers. Leave lower lever of Mason jar up or do not quite complete turning screw of screw-top jars. If the cover is put on perfectly tight, there will be no room for expansion and breakage is liable to occur.

### 3. Sterilize or Process

*In Boiling-Water Bath.* Slowly lower the product in its jar, top up, into a kettle or boiler of *boiling* water; then add water to cover the jars 1 inch over the top. Bring the water to the boiling point and keep boiling the length of time given on the timetable for sterilizing the

product being canned. A rack in the bottom of the kettle is necessary to keep the cans from resting directly on the bottom, or individual wire holders can be used. Keep the water boiling constantly during the sterilizing process.

This method can be used for fruits and acid vegetables such as tomatoes but is not reliable for nonacid vegetables or meats and fish.

*By Steam Pressure.* Lower jars into a hot pressure canner which contains just enough hot water to cover the rack. Jars should not touch. Clamp cover in place. Allow petcock to stay open from 7 to 10 minutes until all air is forced out of canner. Close petcock. Do not count processing time until required pressure is reached. See Tables (pp. 754, 755). At the end of processing time, remove canner from stove or turn off heat, allow pressure gauge to drop to zero and stay there 2 minutes before slowly opening petcock. Remove cover from canner and quickly complete seal while the jars are still in the canner.

This method is the only safe way to can nonacid vegetables (beans, corn, peas, etc.), meats, and fish. All bacteria are destroyed at a temperature of from 240° to 250° F. or 10 to 15 pounds' pressure.

**4. Remove Jars and Complete Seal.** A wire holder with handle for each jar is convenient to use. If not available, lift jars from boiling water with a long-handled skimmer, or spring fork. Tighten the cover immediately. Place jars upside down on a cloth, allowing space between jars. Keep protected from drafts. A draft in the kitchen causes more breaks than anything else. If a can shows signs of fermentation after 2 or 3 days, loosen cover and sterilize again.

## CAUSES OF CANNING FAILURES

1. Carelessness in sterilizing food or utensils.
2. Using jars which lack a tight seal.
3. Delay in processing jars after packing.
4. Incorrect timing of processing period.
5. Packing food too tightly in jars.
6. Delay in cooling after processing. Commercial canners hasten cooling after processing by the use of a cold bath.
7. Storing in a warm place.
8. Storing in a light place (does not result in failure, but fades product, especially if food is red).
9. Adding too much liquid (does not result in failure, but may cause fruit to float and therefore make a less attractive product).

## VEGETABLE CANNING CHART \*

| VEGETABLE                             | PREPARATION                                                                                                                                               | BOILING-<br>WATER<br>BATH | 10 POUNDS'<br>PRESSURE |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------|
| Asparagus                             | Scale, cut in $\frac{3}{4}$ -inch pieces or cut stalks to height of jar and tie in uniform bundles. Cover with boiling water and cook 3 minutes           | 3 hours                   | 40 minutes             |
| Beans                                 | String and leave whole or cut as desired. Cover with boiling water and cook 5 minutes                                                                     | 3 hours                   | 40 minutes             |
| Shell Beans,<br>Limas, etc.           | Shell, cover with boiling water, and cook 5 minutes                                                                                                       | 3 hours                   | 50 minutes             |
| Beets                                 | Cut tops, leaving 1-inch stems. Dip into boiling water and leave until skins loosen. Dip in cold water and peel. Leave whole, quarter, or slice           | 2 hours                   | 35 minutes             |
| Carrots                               | Scrub. Boil 10 minutes. Cool, remove skins, and rinse. Leave whole or slice                                                                               | 2 hours                   | 40 minutes             |
| Corn                                  | Husk, remove silk. Cut off kernels, cover with boiling water, and cook 3 minutes                                                                          | 3 hours                   | 50 minutes             |
| Greens (Spin-<br>ach, Chard,<br>etc.) | Pick over. Wash thoroughly. Cook, without adding water until thoroughly wilted                                                                            | 3 hours                   | 40 minutes             |
| Peas                                  | Shell. Cover with boiling water and cook 5 minutes. Drain, but reserve water in which peas were cooked to fill jars                                       | 3 hours                   | 45 minutes             |
| Pumpkin and<br>Squash                 | Cut, peel, remove seeds, and cube. Cover with boiling water, cook until tender, drain, mash, and add 1 teaspoon salt to each quart jar. Do not add liquid | 3 hours                   | 60 minutes             |
| Succotash                             | Cut corn from ear. Add equal quantity of tender young shell or Lima beans. Cover with boiling water, cook 5 minutes. Use cooking water to fill jars       | 3 hours                   | 75 minutes             |
| Sweet Peppers                         | Remove seeds, cover with boiling water, and cook 5 minutes                                                                                                | 4-5 hours                 | 90 minutes             |
| Tomatoes                              | Cover with boiling water, let stand 2 minutes. Remove, peel, and stem                                                                                     | 35 minutes                | 15 minutes             |

\* General Directions, p. 752.

## FRUIT CANNING CHART\*\*

| FRUIT      | PREPARATION and TYPE OF SIRUP                                                                                                                  | BOILING-WATER BATH                          |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| Apples     | Pare, core, slice, or quarter. Drop into salt water to prevent discoloration. Cook in thin sirup* 5 minutes                                    | 20 minutes                                  |
| †Apricots  | Cut in halves and remove pits. Thin or medium* sirup                                                                                           | 16 minutes                                  |
| Berries    | Sort, remove caps and stems. Medium sirup; heavy* sirup for gooseberries                                                                       | 16 minutes                                  |
| Cherries   | Stem, pit or not. Medium sirup                                                                                                                 | 16 minutes                                  |
| Currants   | Remove stem and blossom ends. Medium or heavy sirup                                                                                            | 16 minutes                                  |
| †Peaches   | Blanch and remove skins. Leave whole or cut in halves and remove pits. Thin or medium sirup                                                    | 16 minutes                                  |
| Pears      | Peel, leave whole with stems attached or cut in halves and core. Drop into salt water to prevent discoloration. Cook 5 minutes in medium sirup | 20 minutes or 15 minutes in pressure cooker |
| †Pineapple | Peel, remove eyes, core, slice or dice. Thin or medium sirup                                                                                   | 20 minutes or 10 minutes in pressure cooker |
| †Plums     | Prick in several places. Medium sirup                                                                                                          | 16 minutes                                  |
| Rhubarb    | Cut in 1-inch pieces (do not peel). Simmer in heavy sirup until tender                                                                         | 15 minutes                                  |

\* *Thin sirup*: 1 cup sugar to 3 cups water. *Medium sirup*: 1 cup sugar to 2 cups water. *Heavy sirup*: 1 cup sugar to 1 cup water. Cook until sugar dissolves.

† If desired, simmer in sirup until tender before packing in jars.

CANNED FRUITS (*Open-Kettle Method*)

|                                                               |                                      |
|---------------------------------------------------------------|--------------------------------------|
| Small fruits and berries <i>or</i>                            | Sugar, $\frac{1}{3}$ weight of fruit |
| Porter apples, quartered, cored, and pared <i>or</i>          | Water, $2\frac{1}{2}$ cups to each   |
| Peaches, whole or cut in pieces <i>or</i>                     | pound of sugar                       |
| Bartlett pears <i>or</i> quinces, quartered, cored, and pared |                                      |

Boil sugar and water 10 minutes to make a thin sirup. Cook fruit, small quantity at a time, in sirup. Cook hard fruits, like pineapple and quince, in boiling water until nearly soft, then put in sirup to finish cooking. Fill hot sterilized jars (p. 751) with fruit and add enough sirup to overflow jars. If there is not sufficient sirup, add boiling water, as jars must be filled to overflowing. Introduce a spoon between fruit and jar, that air bubbles may rise to top and break. Quickly put on rubbers and half-seal covers. Process jars in boiling hot-water bath 5 minutes. Remove, complete seal, cool, label, and store.

\*\* General Directions, p. 752.



**CANNED HUCKLEBERRIES** (*without Sugar*)

Pick over and wash berries. Put in preserving kettle with small quantity of water to prevent berries from burning. Sprinkle with salt. Cook until soft, stirring occasionally. Put in sterilized jars. Partially seal, process in boiling-water bath 5 minutes. Complete seal.

**CANNED RHUBARB** (*Cold-Water Method*)

Wash and wipe but do not skin. Cut in inch pieces. Sterilize jars, set on cloth wrung out of hot water, fill with rhubarb, shaking down to fill jar evenly to within  $\frac{1}{2}$  inch of top. Fill with cold water, adjust rubbers and tops, tighten, and store in a cool, dark, dry place.

**ITALIAN TOMATO PASTE**

|                                       |                                    |
|---------------------------------------|------------------------------------|
| 4 quarts ripe tomatoes, sliced        | 2 carrots, scraped and sliced      |
| 2 tablespoons finely cut basil leaves | 1 large white onion, sliced        |
| 2 teaspoons salt                      | 1-inch piece of stick cinnamon     |
| $\frac{1}{2}$ cup chopped celery      | $\frac{1}{2}$ teaspoon peppercorns |
|                                       | $\frac{1}{2}$ teaspoon cloves      |

Combine ingredients, simmer until very soft, and put through sieve. Cook in double boiler or in heavy pan set on asbestos mat until very thick (about 3 hours). Spread  $\frac{1}{2}$  inch thick on platters wet with cold water. Cover with net or screen and dry in the sun or in very slow oven. Pack in pieces in tin box with wax paper between layers. Use in small amounts to season soups and sauce.

**TOMATO JUICE**

Wash ripe tomatoes, cut in small pieces, and simmer in small quantities until just soft enough to put through fine sieve. Bring juice to boiling point and pour into hot sterilized jars or bottles. Seal. Seasonings may be added to taste while cooking, such as celery tops, bit of bay leaf, a few cloves, etc. Use for soups, sauces, and cocktails.

**SAVORY TOMATO JUICE**

|                                |                                                     |
|--------------------------------|-----------------------------------------------------|
| 1 peck tomatoes                | $\frac{1}{4}$ cup salt                              |
| 4 large onions, sliced         | 1 tablespoon sugar                                  |
| 1 bunch celery, cut in pieces  | 1 teaspoon peppercorns                              |
| 12 sprigs parsley              | $\frac{1}{2}$ teaspoon basil, if desired, <i>or</i> |
| 2 green peppers, cut in pieces | 2 bay leaves and 1 teaspoon whole cloves            |

Wash tomatoes but do not peel. Cut in pieces, add other ingredients, and simmer 30 minutes. Strain, bring to boil, and bottle.



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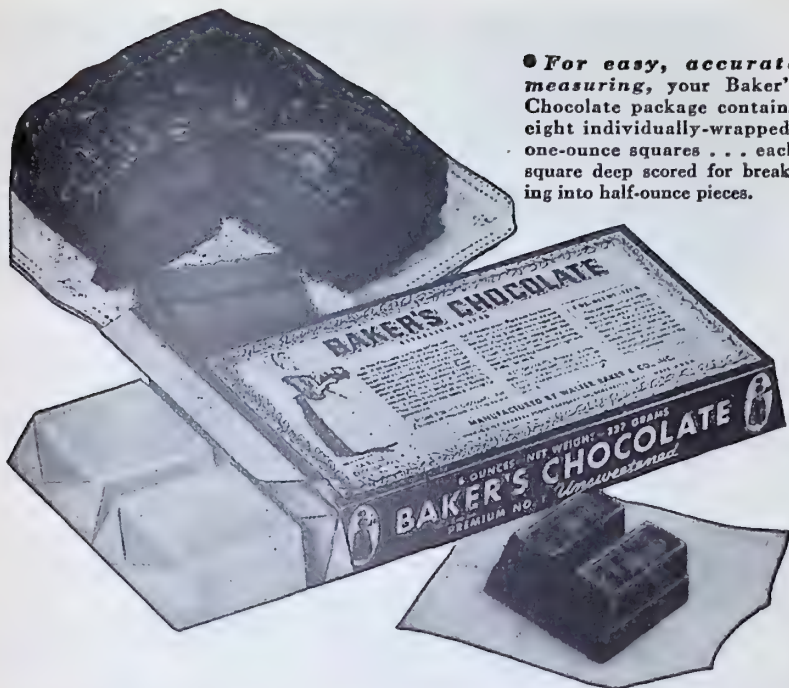
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• For easy, accurate measuring, your Baker's Chocolate package contains eight individually-wrapped, one-ounce squares . . . each square deep scored for breaking into half-ounce pieces.

## WHY THE WONDERFUL FLAVOR OF BAKER'S CHOCOLATE HAS BEEN FAMOUS SINCE 1780

Baker's Chocolate contains *all the richness* of selected, costlier cocoa beans. It is nothing but these choice beans, crushed smooth, then molded—with all their luscious, natural cocoa butter left in, and *not one thing added*. That is why you can depend on Baker's always to give the appe-

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# BAKER'S



# CHOCOLATE

FAMOUS SINCE 1780

**WE MADE THIS RECIPE  
3 WAYS THRIFTIER  
—and discovered a new  
Chocolate Cake thrill!**

**RECIPE**

**RICH CHOCOLATE CAKE**

- ¾ cup shortening
- ① 1½ cups sugar
- ② 4 eggs
- 2½ cups cake flour
- ¼ teaspoon salt
- 3 teaspoons Royal Baking Powder
- ③ 1 cup milk
- 3 squares unsweetened chocolate, melted

**C**REAM shortening; add sugar slowly, beat well. Add eggs, one at a time; beat well after each addition. Sift together flour, salt and baking powder. Add to first mixture alternately with milk; mix well. Add melted chocolate. Bake in well greased, deep tube pan in moderate oven at 350° F.

*Here's the  
Original recipe*

① **st saving!** The amount of sugar cut in half—corn syrup added instead.

② **nd saving!** 2 eggs omitted. Extra Royal baking powder added to do their work.

③ **rd saving!** Left-over breakfast coffee can be used for the liquid if desired and the milk saved for other uses.

**It was almost unbelievable! Our new cake had a softer, moister texture that kept fresh for days—and a rich new flavor interest!**

**How to account for it? The corn syrup and the coffee both added their fine flavors to make that subtle difference in taste—AND the cream of tartar in the Royal Baking Powder was vitally important to both texture and flavor!**

**Royal's steady cream of tartar action assured the velvety fine texture—and that same cream of tartar left no disagreeable, bitter flavor of its own and so helped to protect the flavor of the other ingredients! Be sure to use Royal when you try this luscious cake!**

## RECIPE

### RICH CHOCOLATE CAKE

- $\frac{3}{4}$  cup shortening
- $\frac{3}{4}$  cup sugar
- 2 eggs
- $2\frac{1}{2}$  cups sifted cake flour
- 4 teaspoons Royal Baking Powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  cup dark corn syrup
- $\frac{3}{4}$  cup milk or Chase & Sanborn coffee
- 3 squares unsweetened chocolate, melted

**C**REAM shortening until soft; add sugar slowly, beating in well. Add unbeaten eggs one at a time; beat well after each addition. Sift dry ingredients together 3 times, then stir 4 heaping tablespoons into first mixture. Add syrup gradually. Add melted and cooled chocolate, then add remaining dry ingredients alternately with milk or cold coffee; beat well. Bake in 2 greased 9-inch layer pans in moderate oven at  $350^{\circ}\text{F.}$ , 40 minutes. Cool. Put layers together and cover top and sides with either a syrup or honey frosting.

*Here's the  
new improved recipe*

#### REMEMBER! Royal's wholesome cream

of tartar! You can safely use an extra amount in place of the eggs you save.

There isn't the slightest danger of bitter taste, for cream of tartar is a product of rich, ripe grapes! AND Royal is America's only national cream of tartar baking powder! To help you get perfect results from this or any other cake recipe, be sure to use Royal!

Less than 1¢ extra per cake is all it costs you to protect your costly ingredients with Royal. Don't risk cake failures! Bake the Royal way—and be sure!

**Please note!** The standard proportions for all cake recipes in this book—the most widely used cook book in the world—are based on cream of tartar action! Follow any cake recipe in this book exactly as it's written with Royal.

## ROYAL—the special baking powder for cakes

Because it's made with wholesome cream of tartar, a product of rich, ripe grapes. Royal makes cakes with a soft, moist texture that keep fresh and flavorful for days!





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## So *thrifty*, too!

Scores of women made tests of 6 well-known dishwashing soaps, including Lux, under conditions similar to home dishwashing. No creams or lotions were used; *changing to gentle Lux* made red, rough hands smooth, lovely again. Improvement was noted in 2 to 7 days.

Best of all, Lux for dishes is inexpensive. You can change dishpan hands to Lux hands for less than 1¢ a day!





**GOLLY, THEY'RE GOOD!**



Try these  
**HONEY  
OATMEAL  
COOKIES**

**—taste the difference Spry makes!**

**O**RDINARY shortenings may dull flavor but purer Spry lets you get the **FULL** rich blend of honey, spices, raisins and rolled oats in these healthful, delicious cookies. High in energy value, too. Make some today.

|                        |                            |
|------------------------|----------------------------|
| ½ cup Spry             | 1 egg, well beaten         |
| 1 cup honey            | ¼ teaspoon soda            |
| 1 teaspoon cinnamon    | 1½ teaspoons baking powder |
| ¼ teaspoon cloves      | 1¾ cups sifted flour       |
| ½ teaspoon allspice    | 1 cup rolled oats          |
| 1 teaspoon salt        | ½ cup raisins              |
| 1 tablespoon hot water |                            |

Blend Spry, honey, cinnamon, cloves, allspice and salt and mix well. Add egg and mix thoroughly. Sift soda and baking powder with flour and add to first mixture, blending well. Add oats, raisins, and hot water; mix thoroughly. Drop from tablespoon on Sprycoated cookie sheet. Bake in moderate oven (375° F.) 12 to 15 minutes. Makes 4 dozen cookies.

Use Spry for all your cookies. See how tender, flavorful. You'll love Spry cakes and pies, too, and crisp, tasty, digestible Spry-fried foods.

and look at the  
**3-WAY  
SAVING**

**1**

**SPRY SAVES TIME**

IT'S CREAMY-SOFT,  
ALWAYS READY FOR  
INSTANT MIXING

**2**

**SPRY SAVES MONEY**

COSTS SO MUCH LESS  
THAN EXPENSIVE CAKE  
SHORTENING

**3**

**SPRY SAVES FLAVOR**

FOODS TASTE BETTER  
COOKED THE SPRY WAY

**THE  
FLAVOR  
SAVER**



# 4 Clever Dessert Tricks

**I. Boston Cream Pie Filling**—Prepare 1 package Royal Pudding according to directions on package. Cool. Spread between two layers of butter cake. Use either Royal Vanilla or Royal Chocolate Pudding.

**II. Creamy Custard Sauce:** the *easiest* you ever stirred up! Make up 1 package Royal Vanilla Pudding with *three* cups milk instead of two, for a velvety-smooth sauce with grand vanilla flavor.

PLEASE NOTE: Royal Puddings—Chocolate, Butterscotch, and Vanilla, are a grand way to get needed milk into the family diet—And they are so delicious just “as is”, you can turn them all into tempting desserts without any added sugar!

**III. Fancy Fruit Cups**—Arrange fruit (any combination) in sherbet glasses. Garnish with cubes of Royal Gelatin (any flavor—just mould in shallow pan, and cut in small cubes when firm). Makes them prettier *and* tastier!

**IV. Royal Jewels**—Make up 2 different colors of Royal Gelatin Desserts and mould them *separately*. When set, force each through a coarse sieve or cut in small cubes. Pile in alternate layers in serving glasses. Top with whipped cream. *Different* and oh, so pretty!

LIKE YOUR FLAVORS FULL STRENGTH? That's the way Royal brings them to you! Royal flavors are scientifically strengthened to give you extra flavor depth. And a special patented process seals this glorious goodness into each tiny gelatin granule. Royal flavors just can't fade out!



Women buy more  
**ROYAL  
PUDDINGS**  
than any  
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it's a matter  
of GOOD taste!

# If a cake is worth making, it's worth making with **Swans Down**



**S**PONGE CAKES, angel food cakes, luscious gold cakes, delicate white cakes, quick one-egg cakes... whatever cake you're baking, count on Swans Down Cake Flour to help you make it really super-special!

For Swans Down is the flour that's *specially made to make cakes*. It's made from special wheat—soft winter wheat; it's specially milled and ground and

sifted—made *softer* than ordinary flour.

Make your next cake a Swans Down cake—and see the difference! *Feel* that new delicacy—soft, moist, fine, tender! *Taste* that new richness—melting, luscious, lavish! *Count* what you save on eggs and shortening, for with Swans Down even your economy cakes look and taste like a million!



***Three times as many women use Swans Down Cake Flour as any other packaged cake flour.***

# The **WORKING GIRL** *Must Eat*

A modern short cut to the preparation of good meals. It contains complete instructions for almost 100 varied, simple, appetizing dinners for every taste and pocket. Speed and ease of preparation are stressed. Compact as a modern kitchenette, it makes cooking a pleasure instead of a chore for the girl who works.

**By Hazel Young**

● **\$1.75**

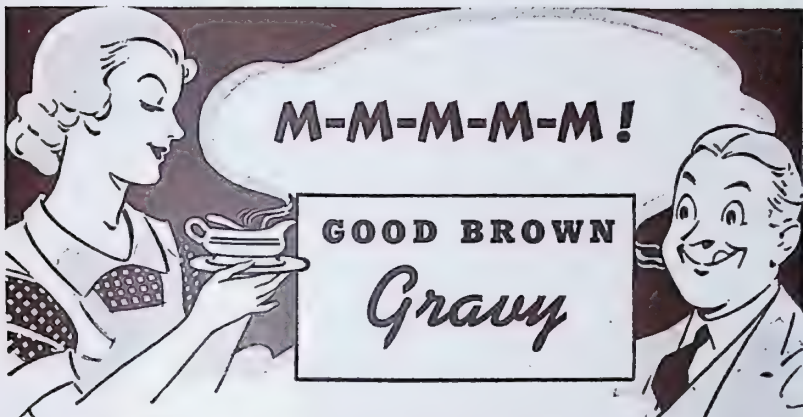
*Write for free booklet*

LITTLE, BROWN



& CO., BOSTON

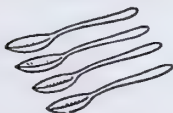




Simply stir a teaspoonful of GRAVY MASTER into your gravy as you now make it, just before removing from the fire; or use the following recipe, *tested and approved by Miss Farmer's School of Cookery, Boston.*

①

Start with 4 tablespoons fat left in pan after cooking meat.



Stir in slowly 2 cups water.  
Boil gently 5 minutes.



②

Blend in until smooth  
4 level tablespoons  
flour over low fire.



③

④ Stir in 1 teaspoon  
GRAVY MASTER,  
salt and pepper to taste.  
Above makes 2 cups gravy,  
serving 4 to 6.

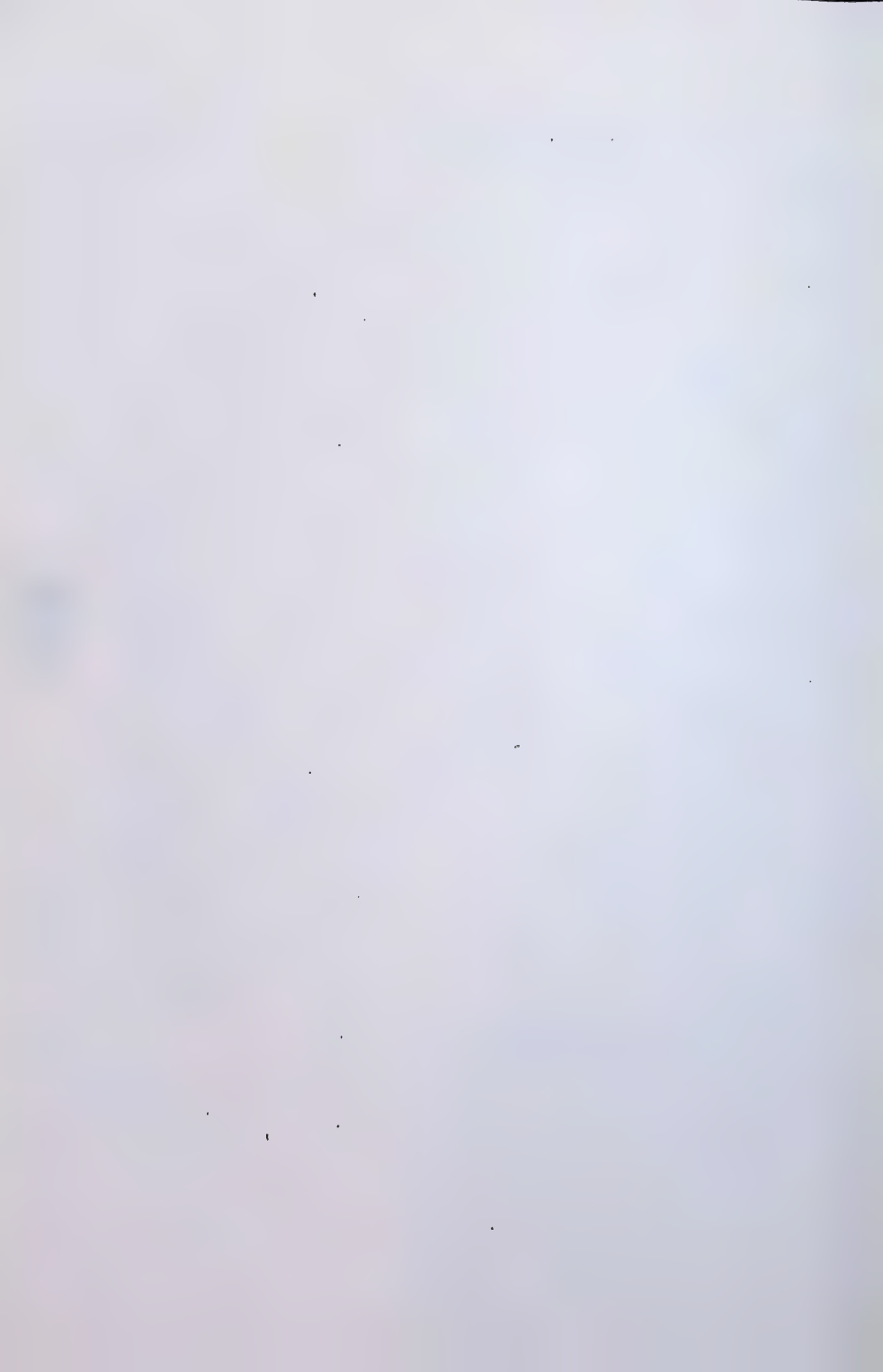


# GRAVY MASTER

GRAVY MASTER is a concentrated vegetable product for seasoning and browning gravies, soups and left-overs. Made from selected vegetables such as onions, celery, turnips, etc. Try it! Economical; too.







# COOKING

*for Two*

For thirty years it has been the ideal handbook for the inexperienced housewife. Fresh material on economical marketing, the important leftover problem, frozen foods, plus special sections on quickly prepared and late evening suppers make this popular book in its new thoroughly revised edition better than ever.

**By Janet McKenzie Hill**

● **\$2.00**

*Write for free booklet*

LITTLE, BROWN



& CO., BOSTON

**Uncle Sam says:**

## **Growing children need plenty of milk . . . daily**



"JUNKET" is the trademark of Chr. Hansen's Laboratory, Inc., for its rennet and other food products, and is registered in the United States and Canada.

**It's a treat for children to eat milk with a spoon . . . just make it into delicious**

### **RENNET-CUSTARDS**

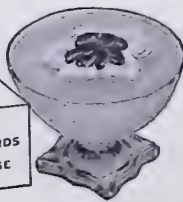
One of the best ways to increase the milk consumption of growing children — and adults too — is to make it into delicious rennet-custards.

For rennet-custards provide the calcium, valuable proteins and vitamins of milk in a readily digestible form due to the rennet enzyme — and above all, everyone loves to eat them. And milk is "Nature's most nearly perfect food" . . . a nutrition essential.

**Make rennet-custards with either:**

**"JUNKET" RENNET POWDER** — 6 tempting flavors. Needs no sugar. At all grocers.

**"JUNKET" RENNET TABLETS** — Not sweetened. Add sugar, flavor to taste. Economical. At grocers and druggists.



**Send for FREE Recipe Book**

Over 100 recipes for bright, colorful desserts and ice creams. Write "The 'Junket' Folks," Chr. Hansen's Laboratory, Inc., Dept. 302, Little Falls, N. Y.

**JELLY-MAKERS! — THIS CHART SHOWS WHY IT PAYS TO**

# Use Certo

**The Pectin Choice of Jelly Champions!**



## THE OLD WAY

**1.** Mrs. A, after cleaning and crushing her berries, was ready to start making her jam at nine o'clock.



**2.** The dark band on the kettle indicates amount of fruit and juice that Mrs. A got from her berries (4 cups). The berries cost  $16\frac{1}{2}\text{¢}$  a quart—2 quarts 33¢.



**3.** Mrs. A added 2 pounds of sugar to her berries. The sugar cost 5¢ per pound—2 pounds 10¢.



**4.** Following the old "pound per pound" standard recipe, Mrs. A had to boil the fruit and sugar about 30 minutes before the jam thickened to the desired consistency. This long boil evaporated one-half of the original weight of the berries and carried off much of the natural fresh fruit flavor as fragrant steam.



**5.** When Mrs. A poured her jam, she found she had 6 glasses. The cost:

|              |        |
|--------------|--------|
| Berries..... | 33¢    |
| Sugar.....   | 10¢    |
|              | <hr/>  |
|              | 6) 43¢ |
|              | 7 1/6¢ |



The 6 glasses of jam that Mrs. A made cost an average of at least 7 1/6¢ per glass.



**6.** It took 45 minutes for Mrs. A to make her 6 glasses of jam. It was nine-forty-five when she finished.

## WITH CERTO



**1.** Mrs. B was ready to start her jam-making at nine o'clock, too.



**2.** Mrs. B, using the same quantity of berries (2 quarts), got the same amount of fruit and juice (4 cups). Berries cost  $16\frac{1}{2}\text{¢}$  a quart—2 quarts 33¢.



**3.** Mrs. B added 3 lbs. of sugar (an extra pound because she knew none of her fruit juice would boil away). The sugar cost 5¢ per lb.—3 lbs. 15¢.



**4.** Mrs. B brought fruit and sugar to a full rolling boil, boiled hard for 3 minutes, removed from stove and added  $\frac{1}{2}$  bottle of Certo. Certo is the pure fruit pectin, in concentrated liquid form, which makes it easy to jell all fruits. At about 24¢ per bottle, the  $\frac{1}{2}$  bottle Mrs. B used cost about 12¢.



**5.** Mrs. B got 10 glasses of the same size as Mrs. A's from her berries. The cost:

|                                   |         |
|-----------------------------------|---------|
| Berries.....                      | 33¢     |
| Sugar.....                        | 15¢     |
| Certo ( $\frac{1}{2}$ bottle).... | 12¢     |
|                                   | <hr/>   |
|                                   | 10) 60¢ |
|                                   | 6¢      |

The 10 glasses cost only 6¢ per glass. Note how Certo pays for itself in increased yield—saves time, fuel.



**6.** Mrs. B's 10 glasses of jam were made in just 15 minutes. She was all through at nine-fifteen. And it had cost her nothing to use Certo!

*A Product of General Foods*

**NOTE:** To make your sugar go up to twice as far in jelly-making, simply substitute light corn syrup for two of the cups of sugar (but no more) in any Certo recipe.



**SWEET  
DESSERTS  
and  
BEVERAGES  
without using  
SUGAR**

★  
REPLACEMENT OR A REFUND OF MONEY  
**Guaranteed by  
Good Housekeeping**  
IF DEFECTIVE OR  
NOT AS ADVERTISED THEREIN

Fluff and Sweeco are two versatile products for desserts ... useful in innumerable recipes for pies, cakes, cookies, puddings, salads and frozen desserts.

**MARSHMALLOW FLUFF**—the delicious “near-whipped” cream, blends and spreads as easily as butter ... more than 100 tempting dessert uses ... for frostings, fillings, sauces, mousses, candies and sandwich spreads.

**SWEECO** — the “ready-cooked” sweet milk cocoa, a special blend of high quality cocoa, full cream milk and pure cane sugar ... a delicious, nourishing food-beverage with either water or milk — or blends in delicious dessert recipes.



Send for **FREE** copy of the  
“Yummy” Book, containing many  
tempting recipes

DURKEE-MOWER, Inc., Lynn, Mass.

**ON SALE AT ALL FOOD STORES**





### The Sweet-Tooth Sweeteners

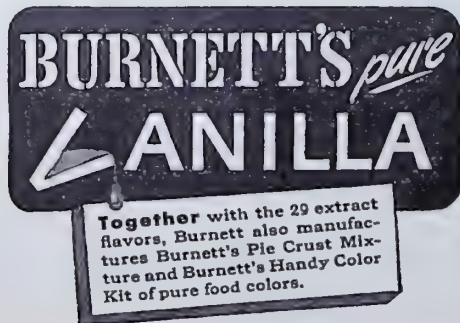
go for Mother's cakes and candies... because Mother has discovered what almost every woman knows: that if you *favor the flavor* with Burnett's Vanilla you put that extra goodness into favorite recipes that makes them delightfully delicious.

Burnett's Vanilla has the full strength of finest vanilla flavor, and

is therefore more economical to use.

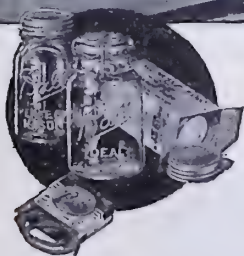
This quality is uniform *always* because only top grades of prime vanilla beans are blended through carefully controlled processes. Burnett's is the *only pure vanilla* nationally distributed... and popular everywhere... Twenty-nine different flavoring extracts bear the Burnett label.

Always say "Burnett's."



TESTED AND APPROVED BY MISS FARMER'S SCHOOL OF COOKERY

# Her Mother and Grandmother...



## BOUGHT *Ball* JARS CAPS and RUBBERS

Order an adequate supply of closures for Mason jars: Either the porcelain-lined zinc cap, the GLASS TOP SEAL (glass lid, rubber and screw band) or the VACU-SEAL (metal lid with rubber attached and screw band).

Is it any wonder that the majority of modern housewives prefer BALL Jars — BALL Closures — BALL Rubbers? Sixty years' experience enables the makers of BALL home canning equipment to stay always a step ahead.

BALL Jars are made of clear, sparkling glass in Round and Square shapes. Standard and Wide Mouth openings. Fitted with Zinc Caps and Rubbers or the new Improved Vacu-Seal Closures (2-piece metal cap). "Ideal" and Wide Mouth "Eclipse" fitted with Glass Lids. "Insure" your canning by using BALL Jars.

**BALL BROTHERS COMPANY** *Muncie, Indiana*

# A COOK BOOK *of Leftovers*

A MUST cook book that handles the vital leftover problem more deftly than ever before. You learn how to make new dishes from old by clever use of herb and condiment. The authors give 150 ways of using leftover meats; 100 uses for sour milk and cream; 50 tempting salads from icebox remainders. In fact no morsel is too small to escape second service. Each suggestion is an unusual recipe, not a disguise.

**By Clare Newman  
and Bell Wiley**

● **\$2.00**

*Write for free booklet*

LITTLE, BROWN



& CO., BOSTON

# *Fresh Candies* are always in "Good Taste"

**These FRESH candies are  
made in the old-time way  
from only the finest of foods!**

*Fresh, rich cream . . . fresh cream-  
ery butter in 1-lb. prints . . . the  
very best chocolate, fruit and nut-  
meats which the world markets  
produce . . . into all Fanny Farmer  
candies go such high-quality  
foods. Every pound is made in a*



spotless studio by experts in the  
art of home cooking — much like  
you would make candies at home.  
That, too, is why they always taste  
so delicious.



**. . . then rushed by fast truck  
to your Fanny Farmer Shop  
every 48 hours or more often**

*Prices are moderate*

**Shops Open Evenings  
for your Convenience**

## *Fanny Farmer*

**THE FRESH CANDIES**



# Hostesses *prefer* Delicacies *by* Raffetto



*At Leading Purveyors  
Since 1888*

## CHUTNUT

NEW COLONIAL  
CONDIMENT

Two years of eager anticipation — chefs, critics, gourmets all busy testing! — tasting! THEN this magic chutney blend of 21 special fruits, nuts and spices. Hostesses, giddy with success, serve it with meats, entrees, hors d'oeuvres, salads, sandwiches — piquant and zesty, EXCITING and NEW BEYOND WORDS!

### Raffetto Marrons,

imported chestnuts de luxe, are agonizingly rapturous in vanilla syrup, in brandy, in rum.

### Marrons Glacés,

candied chestnuts in the famous round Empire Box shown — the Continent's Favorite Confection!

### Nesselro by Raffetto

is a gala caterer's sauce of kingly chestnuts and fruits in fine rum punch and adds master flavor to ice cream, frozen puddings and gelatin desserts.



**G. B. RAFFETTO, INC., 44 Hubert St., New York, N. Y.**

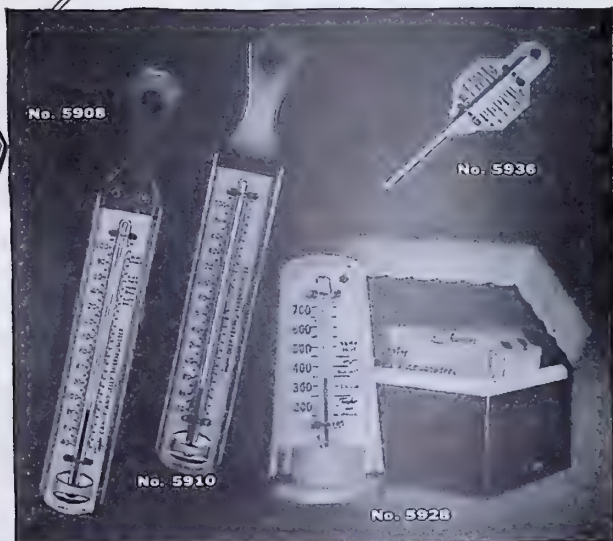


# COOK WITH TAYLOR GUARANTEED THERMOMETERS



**No. 5928.** Bake Oven Thermometer. Packed in recipe box. Carries Good House-keeping Seal. \$2.25\*.

**No. 5936.** Roast Meat Thermometer. For roasts done to "the turn that tempts." Complete with skewer. \$1.50\*.



**No. 5910.** Deep Fry Thermometer. Has 3-times-easier-to-read Binoc tubing. \$2.25\*. Inexpensive model, (No. 5917) \$1.25\*.

**No. 5908** Candy and Jelly Thermometer. Get better results in candy and jelly making. Binoc tubing, \$2.25\*. Inexpensive model (No. 5916) \$1.25\*.

FANNIE FARMER recipes in this book say, "Cook by Temperature." Taylor Cooking Thermometers shown here say, "Rely on us and on our Five-Year Guarantee of Tested Accuracy. Then you will always know the truth about temperatures."

This Taylor Guarantee gives you additional assurance of the long-lasting accuracy which is built into every Taylor Thermometer at the factory. It is Taylor's expression of confidence in the ability of its instruments to help you get just the cooking results you want.

Use all these Taylor Thermometers in your kitchen. If your dealer cannot supply them, send your order direct to Taylor Instrument Companies, Rochester, N. Y. Plant also in Toronto, Canada.

*\*Prices slightly higher west of the Rockies and in Canada.*

## Taylor INSTRUMENTS

# OUTSTANDING FACTS ABOUT MISS FARMER'S SCHOOL OF COOKERY

1

Established in 1902 by Fannie Merritt Farmer.

2

The home of the famous Boston Cooking-School Cook Book.

3

An experienced faculty of trained specialists.

4

Extensive and modern equipment and appliances. Light, airy kitchens.

5

Small classes, individual attention, and intensive courses assure a maximum result.

6

Students are trained for home, proprietary and commercial occupations.

7

Students learn by actual practice.

8

Courses: One Year — Four and Eight Weeks' Intensive — Home-makers — Short — Specialty — Household Arts — Dietetics — Commercial — Evening.

9

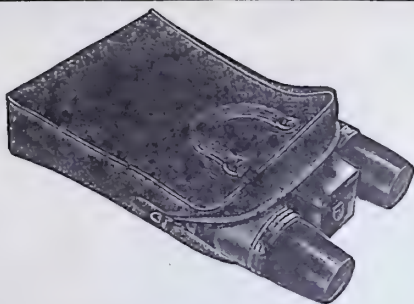
Demonstration Lecture Course at School and by Mail.

10

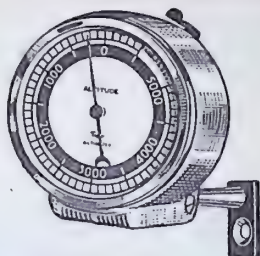
Instructors, courses, laboratories and maids organized into a recognized modern school ready to be of service to you.

*Send for Catalog B*

MISS ALICE BRADLEY, *Principal*  
30 HUNTINGTON AVENUE  
BOSTON, MASSACHUSETTS



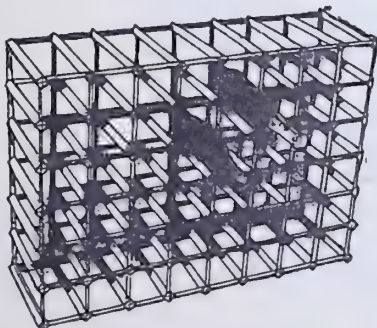
**EXCEPTIONAL VALUE** — This pig-skinlike zipper top case with two-quart Thermos bottles with eight cups and sandwich box, only \$6.85 complete. Delivered free in second parcel post zone. Elsewhere postage 25 cents extra.



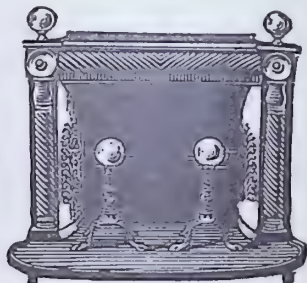
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How high is the next hill? How deep the valley? Make your future auto trips even more interesting with this new altimeter. Full instructions with each instrument. Model C range to 5000 ft., \$5.00, Model D range to 10000 ft., \$6.00, Model F range to 16000 ft., \$7.50.

Postpaid anywhere in U. S.



**WINE RACKS** for the proper and convenient storage of beverages. Used in closets as well as the basement. Substantially made of steel and wood. Holds pint and quart wine bottles. Stock size, 48 bottles, 31" x 24", price \$9.50. Special sizes to order. Write for prices.



**FRANKLIN STOVE** reproduced from the one used for over a century in the old Hancock-Clark house at Lexington, Mass. The cheer and charm of an open fire for the room without a fireplace. Special circular upon request.

*Culinary and Cooking Specialties—Taylor Thermometers*

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**Fire Forks • Screens • Spark Guards • Wood Holders**

**DOMESTIC SCIENCE SUPPLIES • NOVELTIES**

## **B. F. MACY**

**474 Boylston Street, Boston, Mass.**

Prices subject to decline or advance without notice.

# Swan up and Rave !



DOING DISHES ?  
SWAN BEATS OTHER  
FLOATING SOAPS FOR  
FAST SUDS !

• Swan up, lady—and meet a floating soap that gives faster suds—more suds in 30 seconds than others... by

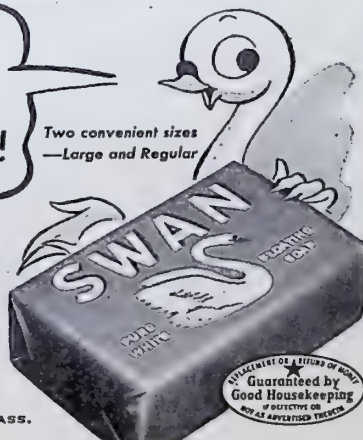
actual test! Zip through dishes with Swan's speedy, whisk-away-grease suds—and save your hands!

AND SWAN'S PURE AS  
IMPORTED CASTILES !  
SWELL FOR EVERYTHING !

## SWAN

THE FASTER-SUDSING  
FLOATING SOAP

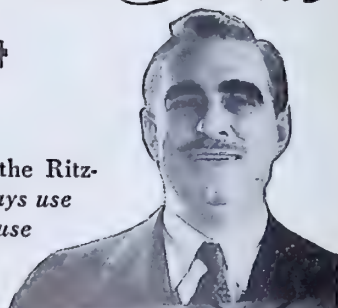
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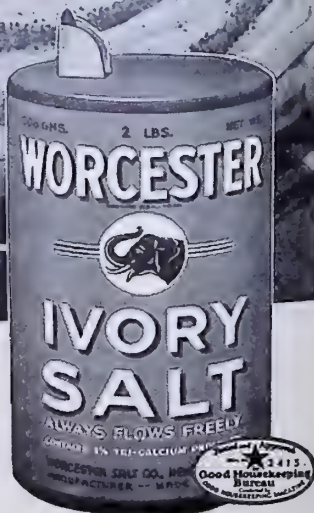


*"The more delicate the Flavor*  
**the more important**  
**the salt!"**

warns Louis Diat, world-famous chef of the Ritz-Carlton of New York. And he adds, *"I always use Worcester Salt because it's so pure and because long experience has taught me that it takes the best to taste the best."*



**WORCESTER**  
**SALT**





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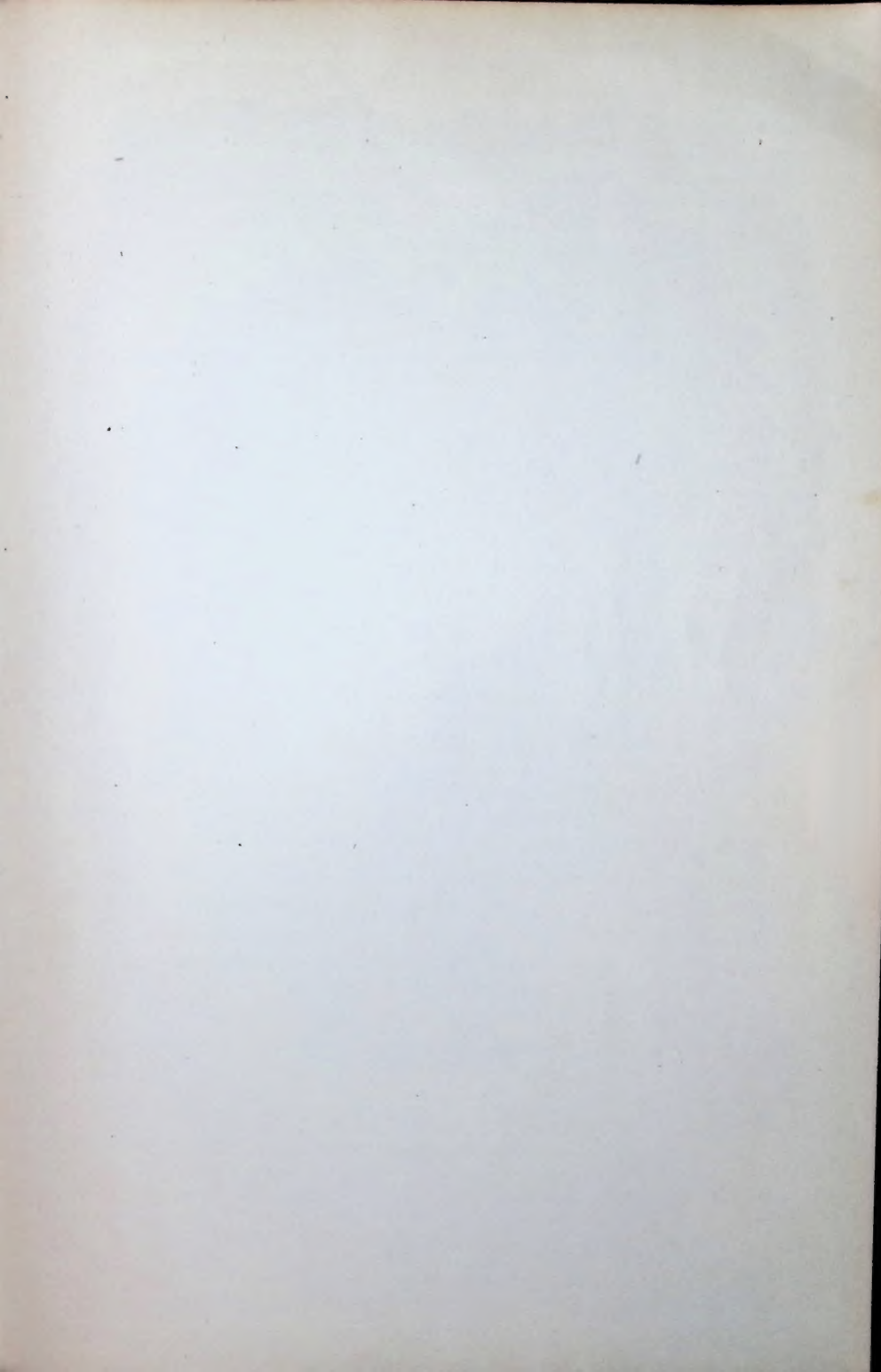
Miss Farmer's School of Cookery

B. F. Macy Company

Swan Soap (Lever Brothers)

Worcester Salt





## SUBSTITUTIONS

|                      |                                                                                         |
|----------------------|-----------------------------------------------------------------------------------------|
| 1 square chocolate   | = $2\frac{2}{3}$ tbsp. cocoa + $\frac{1}{2}$ tbsp. shortening                           |
| 1 cup pastry flour   | = 1 cup bread flour less 2 tbsp.                                                        |
| 1 tbsp. cornstarch   | = 2 tbsp. flour (for thickening)                                                        |
| 1 tsp. baking powder | = $\frac{1}{4}$ tsp. soda and $\frac{1}{2}$ tsp. cream of tartar                        |
| 1 cup sugar          | = $\frac{3}{4}$ to 1 cup molasses + $\frac{1}{4}$ to $\frac{1}{2}$ tsp. soda *          |
| 1 cup sugar          | = 1 cup honey + $\frac{1}{4}$ to $\frac{1}{2}$ tsp. soda *                              |
| 1 cup sugar          | = 1 cup maple sirup + $\frac{1}{4}$ tsp. soda *                                         |
| 1 cup sugar          | = $\frac{1}{2}$ cup maple sirup and $\frac{1}{4}$ cup corn sirup *                      |
| 1 cup molasses       | = 1 cup honey                                                                           |
| 1 cup milk           | = $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water                         |
| 1 cup milk           | = $\frac{1}{2}$ cup condensed milk and $\frac{1}{2}$ cup water (reduce sugar in recipe) |
| 1 cup milk           | = 4 tablespoons powdered milk and 1 cup water                                           |
| 1 cup butter         | = $\frac{4}{5}$ cup bacon fat, clarified **                                             |
| 1 cup butter         | = $\frac{2}{3}$ cup chicken fat, clarified **                                           |
| 1 cup butter         | = $\frac{7}{8}$ cup cottonseed, corn, nut oil (solid or liquid)                         |
| 1 cup butter         | = $\frac{7}{8}$ cup lard + salt                                                         |
| 1 cup butter         | = $\frac{1}{2}$ cup suet + salt **                                                      |
| 1 cup pearl tapioca  | = $\frac{3}{4}$ cup quick-cooking tapioca                                               |

\* Reduce the liquid  $\frac{1}{4}$  cup.

\*\* Increase the liquid  $\frac{1}{4}$  cup or more.

---

## EQUIVALENTS

|               |                                                          |                        |              |
|---------------|----------------------------------------------------------|------------------------|--------------|
| A few grains  | = less than $\frac{1}{8}$ teaspoon                       | 16 tablespoons         | = 1 cup      |
| 3 teaspoons   | = 1 tablespoon                                           | $\frac{1}{2}$ pint jar | = 1 cup      |
| 1 fluid ounce | = 2 tablespoons                                          | 1 quart jar            | = 4 cups     |
| 2 pints       | = 1 quart                                                | 4 gills                | = 1 pint     |
| 8 quarts      | = 1 peck                                                 | 4 quarts               | = 1 gallon   |
| 4 pecks       | = 1 bushel                                               |                        |              |
| 454 grams     | = 1 pound or 16 ounces                                   | 100 grams              | = 3.5 ounces |
| 100 grams     | = 7 tbsp. butter or $\frac{1}{2}$ cup less 1 tbsp.       |                        |              |
| 100 grams     | = 7 tbsp. sugar or $\frac{1}{2}$ cup less 1 tbsp.        |                        |              |
| 100 grams     | = 11 tbsp. bread flour or $\frac{3}{4}$ cup less 1 tbsp. |                        |              |
| 100 grams     | = 14 tbsp. pastry flour or $\frac{7}{8}$ cup             |                        |              |

---

## CAPACITY OF CANNED-FOOD CONTAINERS

|                  |                        |                     |                        |
|------------------|------------------------|---------------------|------------------------|
| Buffet or Picnic | = 1 cup                | No. 2 $\frac{1}{2}$ | = 3 $\frac{1}{2}$ cups |
| No. 1            | = 1 $\frac{1}{3}$ cups | No. 3               | = 4 cups               |
| No. 1 (tall)     | = 2 cups               | No. 5               | = 7 cups               |
| No. 2            | = 2 $\frac{1}{2}$ cups | No. 10              | = 13 cups              |



# WEIGHTS AND MEASURES OF FOODS COMMONLY USED

| MATERIAL                       | WEIGHT                                                      | MEASURE                                             |
|--------------------------------|-------------------------------------------------------------|-----------------------------------------------------|
| Apples (as purchased)          | 3 lbs.                                                      | 2 quarts                                            |
| Apricots (dried)               | 1 lb.                                                       | 3 $\frac{2}{3}$ cups                                |
| Asparagus (fresh)              | 1 lb.                                                       | 20 large stalks                                     |
| Bananas (as purchased)         | 1 lb.                                                       | 3 large                                             |
| Beans, String (fresh)          | 12 oz.                                                      | 1 quart                                             |
| Dried                          | 1 lb.                                                       | 2 cups                                              |
| Bread Crumbs                   | 2 $\frac{3}{4}$ oz.                                         | 1 cup                                               |
| Butter                         | 1 lb.                                                       | 2 cups                                              |
|                                | $\frac{1}{2}$ oz.                                           | 1 tablespoon                                        |
| Coconut (shredded)             | 2 $\frac{1}{2}$ oz.                                         | 1 cup                                               |
| Corn Meal                      | 1 lb.                                                       | 3 cups                                              |
| Cornstarch                     | 4 $\frac{1}{2}$ oz.                                         | 1 cup                                               |
| Cranberries                    | 1 lb.                                                       | 1 quart                                             |
| Currants (dried)               | 1 lb.                                                       | 2 $\frac{3}{8}$ cups                                |
| Dates                          | 10 oz.                                                      | 2 cups, seeded and chopped                          |
| Flour, Bread                   | 1 lb.                                                       | 3 $\frac{1}{2}$ cups                                |
| Bread                          | 1 oz.                                                       | 3-4 tablespoons                                     |
| Entire Wheat                   | 4 oz.                                                       | 1 cup                                               |
| Graham                         | 5 oz.                                                       | 1 cup                                               |
| Pastry (sifted)                | 4 oz.                                                       | 1 cup                                               |
| Hominy, Raw                    | 6 oz.                                                       | 1 cup                                               |
| Lard                           | 8 oz.                                                       | 1 cup                                               |
| Lemon (1 average size) yields  | 1 $\frac{1}{2}$ oz. or 3 tbsp. juice and 3 tsp. grated rind |                                                     |
| Macaroni                       | 4 oz.                                                       | 1 cup                                               |
| Milk (skim)                    | 8 $\frac{1}{2}$ oz.                                         | 1 cup                                               |
| Molasses                       | 12 oz.                                                      | 1 cup                                               |
| Nut Meats                      | 5 $\frac{1}{3}$ oz.                                         | 1 cup                                               |
| Oats, Rolled                   | 2 $\frac{3}{4}$ oz.                                         | 1 cup                                               |
| Orange Juice                   | 8 oz.                                                       | 1 cup                                               |
| Potatoes, White (as purchased) | 1 lb.                                                       | 4 medium                                            |
| Prunes (cooked and pitted)     | 1 lb.                                                       | 2 $\frac{2}{3}$ cups (40-50 for medium-sized fruit) |
| Raisins                        | 5 $\frac{1}{3}$ oz.                                         | 1 cup                                               |
| Rice                           | 8 oz.                                                       | 1 cup                                               |
| Rye Meal                       | 4 $\frac{1}{8}$ oz.                                         | 1 cup                                               |
| Spinach                        | 3 lbs.                                                      | 1 pk.                                               |
| Sugar, Confectioner's          | 4 $\frac{1}{2}$ oz.                                         | 1 cup                                               |
| Brown                          | 5 $\frac{1}{2}$ oz.                                         | 1 cup                                               |
| Granulated                     | 8 oz.                                                       | 1 cup                                               |
| Tapioca, Pearl and Quick       | 6 oz.                                                       | 1 cup                                               |
| Tomatoes                       | 1 lb.                                                       | 4 medium                                            |
| Water                          | 8 oz.                                                       | 1 cup                                               |

ALL MEASUREMENTS IN THIS BOOK ARE LEVEL



